



LOCATION HIGHLIGHT

Lake Norden, South Dakota

Our Lake Norden, SD, plant is home to approximately 370 employees and boasts a brand new, state-of-the-art cheese and whey facility. We produce mozzarella, provolone, parmesan, romano, asiago and monterey jack cheeses as well as various whey products. The Lake Norden, SD, area is known for its beautiful lakes and outdoor activities. There are both small and large towns within the area with great schools and health care. You can also visit the Watertown Chamber site, www.watertownsd.com, for more information on local events.

Read more about Lake Norden on page 5 →

A cow produces an average of 7.5 gallons of milk daily

That's more than 2,300 gallons each year and 350,000 glasses of milk in a lifetime.

It takes
10 pounds of milk
to make one pound of cheese

NATIONAL DAIRY MONTH - DID YOU KNOW?

(Source:Mintel)

June Dairy Month: a toast to our health

In a world of new and improved, we sometimes overlook the trusted and reliable. When it comes to our health, it's easy to lose sight that some of our most nutritious products have been with us all along.

June Dairy Month is upon us, and it's a good time to recognize the value of dairy products and strong dedication that brings that goodness to our tables. From farms through production facilities, workers in the dairy industry put forth expertise and passion to deliver wholesome nutrition to the world.

For all our technology, there's still nothing better. Milk is only food known to contain virtually all the substances necessary for human nutrition. We're all versed in its importance toward strong bones and muscles, though many may not realize the multitude of ways dairy contributes to our wellbeing.

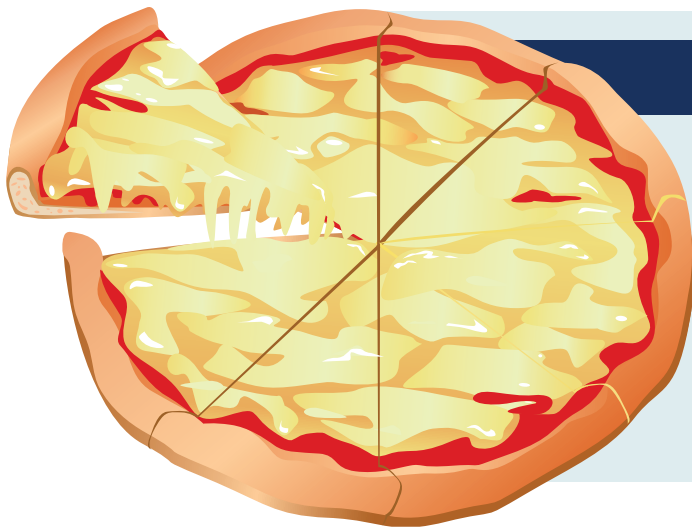
Although plenty of foods boast protein, few offer the quality and quantity delivered through dairy. Milk offers a complete protein containing all nine essential amino acids. It provides higher concentrations of those amino acids than found in plant-based protein sources.

Dairy products can help us fend off illness by strengthening our immune defenses. Milk proteins appear to boost glutathione (GSH) production, which is critical to the body's antioxidant defense.

Though it might be surprising, dairy can contribute to a healthy weight. A study demonstrated that consumption of at least three daily servings of dairy resulted in significant loss in body fat among non-dieting obese individuals. It also accelerated loss of weight and body fat when included in a diet plan.

Increased dairy consumption has been linked to a lower risk for type 2 diabetes and can assist in management for those who have the disease. There is considerable evidence that milk proteins increase insulin response and lower blood sugar after eating. Dairy lends to cardiovascular health, whether it's positive changes to cholesterol or its role in lowering blood pressure. Studies suggest dairy could lessen risks for certain cancers. Whey protein components have been shown to exhibit anticarcinogenic effects.

As we recognize June Dairy Month, raise a cold, creamy glass of milk and offer a toast to your health. Salute by savoring a slice of your favorite well-crafted cheese. Delicious and nutritious, the goodness of wholesome dairy is certainly something worth celebrating.



DID YOU KNOW?

On average, each person in the US eats 25 pounds of pizza each year, or about 46 slices. This amounts to 100 acres of pizza each day or about 350 slices per second.

Source: Lightspeed/Mintel

Whey protein and wellness for the non-athlete exerciser

Protein drinks often bring thoughts of well-sculpted athletes putting in hours of exertion while training for their next competitions. Exercise, however, lends to a broad range of goals – not the least of which is to simply feel better. Whatever the health-related goal, getting good nutrition is a key part of accomplishment.

Whey protein is a complete protein that provides a variety of proven health benefits. It includes all nine essential amino acids and has become an important tool among athletes for its promotion of muscle growth and recovery. Protein, however, is a crucial building block and vital to nutrition regardless of workout objectives. Perceptions aside, whey protein can also play a valuable role in the fitness regimens of the majority who are less concerned with strength and endurance than general wellbeing.

Whether it's heading off to a Tuesday morning yoga class or spending some time on the treadmill, most people today engage in some level of physical activity for the sake of health. While more than 80 percent of adults take steps to remain active, only 16 percent consider themselves to be athletes, according to Mintel Reports.

The trend toward wellness in the United States has translated to the marketplace as consumers seek products that work in synergy with their wellness goals. As for performance drinks, sales increased by 18 percent from 2015 through 2020 and the upward movement is anticipated to continue, Mintel reports. Whey protein could provide a range of benefits to the more casual, everyday exerciser from a reduction of muscle soreness after workouts to boosting up their weight loss efforts.

When it comes to fitness, we're all at different levels and what's considered a light workout to some can prove strenuous for others. Post-workout soreness isn't a phenomenon limited to the athlete. For everyday exercisers, the associated aches could become a factor that cuts away at motivation. Whey protein can provide some assistance. Exercise causes micro-tears in muscle fibers, which leads to sore muscles. Whey protein is rich in branched chain amino acids, which help the body build and repair muscle – and as such, could lessen soreness.

Whey protein has also been an effective aid for those working to shed a few pounds. Whey protein contributes to body weight regulation by providing satiety signals that affect both short-term and long-term food intake. Increased satiety – the feeling of fullness and satisfaction that follows eating – could provide some defense against those all-too-common junk food cravings that work against our goals. Whey protein could also put consumers in better shape to lose weight the right way. It promotes the loss of fat while supporting the maintenance of muscle.

Benefits of whey protein extend across demographics. Exercise and nutrition take on new levels of importance as we age. For older adults, whey protein could help counterbalance declines that occur naturally as part of aging. Muscle mass decreases about 3 to 8 percent per decade after the age of 30 and the rate of decline accelerates after the age of 60. Studies have shown that whey protein promotes protein synthesis among mature consumers, which improves muscle performance and aerobic capacity.



Today, more people are interested in wellness than ever before, and the majority aren't necessarily aiming for bigger, stronger or faster. Fortunately, health isn't an all-or-nothing proposition and small lifestyle changes can make a difference for the many who just want to do a little better. Adding whey protein to one's regimen is a simple step that can help move the needle. One doesn't need to be a marathon runner, weightlifter or ballplayer to derive its impact.

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Mozzarella

Agropur Mozzarella is a smooth creamy white cheese, produced using the pasta filata process, which gives the mozzarella its optimal stretch and a delicate creamy flavor profile.

MANUFACTURING FACILITIES

- Jerome, ID
- Lake Norden, SD
- Luxemburg, WI

TOP 10 most consumed cheeses from Nov 2019 - Nov 2020

Cheddar.....	73%
Mozzarella.....	67%
Parmesan/Romano	50%
Monterey Jack	48%
Swiss	44%
Pepper Jack.....	41%
Provolone	41%
Colby.....	41%
Feta	29%
Gouda	25%

Source: Lightspeed/Mintel

Packed with nutrients

Mozzarella cheese is packed with protein, calcium and other essential vitamins and minerals. All proven to promote bone health (per one ounce).



PROTEIN

The building blocks of organs, muscles, skin, and hormones. Your body needs protein to maintain and repair tissues.



CALCIUM

Aids the health of your bone structure and strengthens your pearly whites!



PHOSPHORUS

One of 16 essential minerals. These are minerals the body needs to function normally.



Building Your Immunity Ingredients Portfolio

As COVID-19 continues to draw concern, consumers are paying closer attention to their environment.

They're also paying closer attention to what they're putting into their bodies. Consumers are thinking far more about immunity in this time of precaution, and it's brought a growing demand for products that can help them maintain a strong defense against bacteria and viruses.

Agropur Custom Solutions offers the ingredients and know-how to enhance products with the immune-boosting properties that today's consumers are seeking. Its nutrition innovators can deliver unique formulations to boost any product's immune-supporting portfolio.

Agropur is North America's largest producer of whey protein, which carries all nine essential amino acids and has been proven to contribute to stronger immune functions, but there's no single answer for a system as complex as our immunity. They're able to consider and utilize immune-boosting components from across the marketplace to customize the perfect formulation based upon product needs.

Agropur's team goes beyond protein and the most commonly used vitamins and minerals – such as Vitamin C and zinc -- to create thorough formulations addressing the many facets of immune health. Whether it's mushroom extracts, botanicals or beyond, Agropur can assemble ingredients that promote wellbeing.

87% of consumers agree eating healthy is important for a strong immune system

Taking those extra steps to maintain health is more frequently becoming a way of life.

Half of US adults have included immune-boosting foods in their diets in response to COVID-19, according to Mintel research. COVID-19 and the concern over other future, pandemic illnesses will fuel demand for immune-health-focused products, Mintel reports.

Agropur Custom Solutions can create a distinctive portfolio of immunity boosters that would increase the healthful characteristics of any product, and make it stand out in the marketplace.



Lake Norden: partnership creates optimism, opportunity and economic growth

New economic opportunities are forging a renaissance in and around rural Lake Norden, S.D. It's become a region of possibilities – and it stands far from the often-difficult financial norms faced in many corners of small-town America.

Agropur's partnership with the region ignited the vibrancy unfolding there. In 2018, Agropur invested more than \$250 million into the expansion of our Lake Norden plant; the first domino to fall in what's expected to provide a grand-scale economic revitalization.

Agropur's investment led to new housing developments. It's led to growth for trucking and other partnering industries. Riverview, LLP saw opportunity and began work on a 9,500-cow dairy farm. Garfield Dairy will be South Dakota's largest single-site dairy farm and sits just a 10-minute drive from the Lake Norden plant.

It was estimated that Agropur's expansion would have an annual \$1 billion economic impact on South Dakota. It starts in the Lake Norden area and ripples outward.

"I think people here are optimistic," said Lake Norden Mayor Jason Aho. "If you don't have jobs, your community dies. If you don't have jobs, your residents go somewhere else. It's been a blessing for our community, and I hope Agropur feels the same way."

[Read full article →](#)



‘Saying goodbye is so hard’

Chris Simon, Vice President of Technical Services, recently announced his retirement from Agropur to pursue other personal opportunities.

Chris has a long history with Agropur, having started with Trega Foods before it became part of the company. Agropur’s employees and the dairy industry have been a big part of his life. He grew up in the business and has worked with the company since 1995. He expressed that he will miss the work and the people that meant so much. It was not an easy decision for Chris and one that he spent a long time considering. He is well known in the industry and has always presented himself and his work with professionalism and class.

Chris doesn’t have any immediate plans, though looks forward to spending more time with family and getting even more involved in the community through his volunteer work.

Doug Simon, President of Agropur US Operations stated, “I want to thank Chris for all his positive contributions to the company over the years and wish him all the best as he moves to the next phase of his life.”

Chris stated, “In the words of the great philosopher Winnie the Pooh - ‘How lucky I am to have something that makes saying goodbye so hard.’”

You will be missed, Chris. Good luck with all that you do and love.





Better Dairy. Better World.



AGROPUR



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www.agropur.com/us

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