

ACKNOWLEDGED

Seamons, Colleen

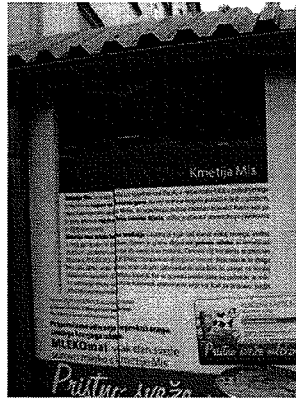
From: Jo Douglas [mailto:joannedouglas.com]
Sent: Friday, 5 March 2010 12:34 PM
To: submissions
Subject: Proposal P1007 -Primary Production & Processing Requirements for Raw Milk
Attachments: Raw milk.docx

Please include the attached submission for the above review

Please legalize farm fresh milk

Many Thanks, Jo Douglas

more information, Jo Douglas
PT 3



A Farm's Photo on the Mlekomat

The farms that own the milk machines are very entrepreneurial, customer friendly, and have web pages which present their farm, nutrition, and information about the mlekومات. On the Potokar Farms website you can even join their Facebook group.

Here is a link to the [Facebook page for mlekومات](#).

Customers Have 24/7 Convenience

Consumers can buy a prepaid milk card at local shops for 20 Euros which entitles the buyer to two free liters of milk. The card can be refilled. One liter costs about one Euro, or \$1.30. Smaller or larger amounts than a liter can be purchased.

The mlekومات, open 24 hours, have been such a success, that in a very short time, after their introduction this summer, three machines are now in operation in Ljubljana and in 11 Slovenian cities. At the opening of the first machine, Simona Prevec, the governmental representative from the Ministry of Agriculture, Forestry and Food, pointed out that "the consumer now has the opportunity to buy fresh milk everyday from local farms." Can you imagine that happening in America?

Slovenian Scientists Attest to the Health Benefits

Slovene researchers found that the fat from homogenized milk accumulates on the walls of blood vessels. Maja Tomkiewicz-Vouk, a chemical technology engineer, feels that all homogenized milk should, like the cigarettes in packages, come with written warnings that homogenized milk causes blood vessel damage. She further stresses that the body cannot absorb calcium from homogenized milk. In addition, she explains that pasteurizing milk destroys most of its health giving properties, which makes processed milk not worth consuming, only for calories.

Sylvia P. Onusic holds a BS in foods and nutrition, and a PhD in Health Education and Wellness, and has completed studies to qualify for RD (Registered Dietitian). She was a home economics teacher for many years. Her concentration is in holistic nutrition with a focus on the evolution of food and the human body in relation to food allergies and disease. Sylvia is the mother of two teenage sons, one of whom has celiac disease. She has several food allergies as well.

Supercenter Store Welcomes Raw Milk with Huge Fanfare!

By Kimberly Hartke | **Published:** December 1, 2009



Ksenija Sarazin of Ljubljana and her sister, Ines, enjoying milk at the new LeClerc Mlekomat.

Mlekomat opens at Slovenian "Target", Raw Milk Machines Pop Up Everywhere in Neighboring Italy!

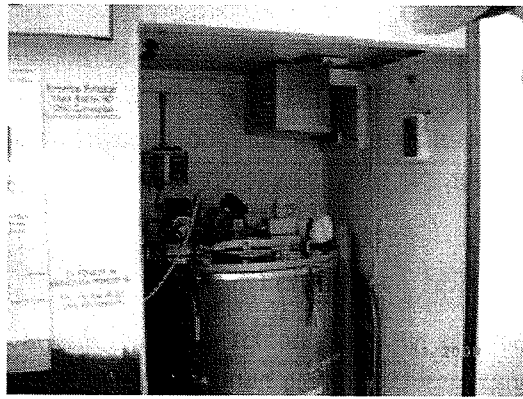
By Guest Blogger, Sylvia Onusic, PhD, Nutrition Therapist

Photo Credit: Stanko Klemencic

Can you imagine driving up to your favorite Target store, parking the car, shopping, and on the way out of the store, stopping at a milk-o-matic for a quick quart of your favorite raw milk in a glass or plastic bottle? The success of the Mlekomats in Slovenia thus far have paved the way for just that. Slovenian consumers can quickly and easily scoop up a quart on their way home, something totally unheard of in the U.S., where the sale of raw milk can be a crime in some states.

Customers are enjoying more and more raw milk as Mlekomats are spreading further and further throughout Slovenia. Just recently a mlekomat opened at the busy hipermarket E. Leclerc, a French chain store, which is located in a large shopping mall in Rudnik, a suburb of Ljubljana, the capital city. Leclerc has the selection of a Walmart, but more upscale- rather like a Target with groceries- thus the name "hipermarket." The opening of the Mlekomat was a special event, with live entertainment by a childrens' buttonbox orchestra, and coverage by the radio station, Zeleni val-Green wave. Many customers shopping at the mall tried the milk machine.

See the coverage in the Kmetija Potokar farm's [Facebook photo album](#).



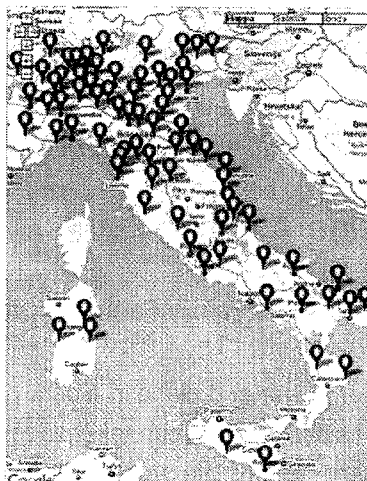
Farmer Opens Mlekomat, Prepares to Refill

The Mlekomat is located directly outside the main entrance to the store. At this location customers have easy accessibility and unlimited free parking. The farms which own and operate the machines in Slovenia, Kmetija Mis and Kmetija Potokar, are placing more and more machines in areas where customers live and have easy access.

Soon we anticipate drive-up mlekomats from these enterprising raw milk producers!

We hope it is only a matter of time before the machines gain acceptance in the USA, and Canada. Wouldn't it be wonderful if North America's Target stores saw raw milk availability as a means of serving their customers?

Raw Milk Machines Abound in Neighboring Italy



Raw Milk Machines in Italy

Meanwhile, in neighboring Italy, located just west of Slovenia, mlekomats are everywhere. Italians have gone for raw milk in a big way Over 1300 mlekomat units are now in operation, in these locations.

Damaging Effects of Homogenized Milk Widely Known in Slovenia

In Slovenia, even though raw milk is not available in conventional supermarkets, pasteurized, non-homogenized milk and raw cottage cheese is available in most grocery stores. Homogenized milk has been widely discussed in the Slovenian media so that most people are aware of its artery-damaging effects. Back in the USA, however, the story is exactly the opposite. Processed milk is revered and no media coverage has explained exactly what goes on inside the human body as a result of dairy industry processing.

However, according to Ron Schmid, NP, in his book ***Traditional Foods Are Your Best Medicine***, some U.S. medical professionals are researching homogenized milk and its effects on health. Kurt Oster, MD, chief of cardiology at Park City Hospital in Bridgeport, Connecticut, and Dr. Kurt Esselbacher, of the Harvard medical school believe that homogenized milk is a major cause of cardiovascular disease in the US. These medical experts have found that people living in countries where there is little homogenized milk used in the diet have heart disease rates less than half that of the US.

Raw Milk Used to Prepare Traditional Slovenian Drinks

Raw milk can be used to make the Slovenian traditional fermented food called "sour milk." The milk is not spoiled but lacto-fermented. Sour milk, or clabbered milk, has long been known as a healing food in folk medicine. Research recently published by the ***American Journal of Hypertension*** demonstrated "the beneficial effect of sour milk on blood pressure in borderline hypertensive men who were not taking anti-hypertensive medication."

Sour milk must be made from raw milk because raw milk contains the right mixture of lactic acid bacteria. Spoiled pasteurized milk, left too long in the fridge, is different from traditional sour milk. Pasteurizing upsets the bacterial balance, killing the beneficial organisms but not all pathogenic ones. If the milk is left in the fridge too long these bad bacteria will overgrow and the pasteurized milk will spoil. Sour milk is a result of lactic acid fermentation, like yogurt, and is a healthy alternative to conventional products which add corn starch, high fructose corn syrup, artificial colors and flavorings.

Slovenian Sour Milk Recipe

This recipe for Sour Milk comes from the Mis Family Farm in Slovenia.

Place raw milk in a ceramic container, cover and place in a dark place at room temperature to solidify and ferment. During summer months this process can take place in one day. Adding a drop of lemon juice, or a small amount of sour cream hastens the process. [Translation by Sylvia Onusic.]

Italy

In Italy, in the past three years, Latte Crudo machines have sprung up all over the country and now raw milk makes up 10% of the entire nation's milk market! In Parma which is a town of 200 000 there are 4 machines easily accessible within the town's historic centre. Each machine is filled by different local dairy farmer's daily and you purchase the milk in whichever increment of 1 Litre that you would like. Its only 1 Euro a litre. The milk is

filtered and chilled and that is it. Very popular here now!

Netherlands

At least four farms have installed raw milk "vending machines" whereby customers can tap their fresh milk directly from the bulk tanks. Milk sells at €0,60 per liter. This is presented as a sort of milk drive-in where people can self serve and the busy farmer does not have to spend a lot of time with the customer. These machines are becoming common in health conscious countries like Switzerland and Austria and the manufacturer says there are many requests for information. See www.brunimat.ch.

In addition, all supermarkets sell raw milk cheeses and I have been informed that the reformhaus (all) sells raw milk of cow, sheep & goat.

Finland

As of 1997, it is legal in Finland to sell unpasteurized milk from farms to a customer who him/herself comes to buy it from there.

All over the world, citizens are allowed to purchase fresh raw milk directly from the farm and of course, farmers can consume the milk that comes from their farms.

Please allow the citizens of Australia to exercise choice over whether they wish to consume this time honoured food. Raw milk has been consumed for thousands of years in all its many forms. Coming from a European background, raw milk is the traditional food of my ancestors and the food I am most likely to benefit from. Communities have always had a nutrient dense food they consume. Some were raised on seafood, some on the organ meats of animals and others on raw dairy products.

And how about information be made available to consumers about the dangers of homogenised milk.

I also ask that the FSANZ explain why members of the dairy board are included on the review board for this review. I have not been involved in reviews previously and am at a complete loss as to why representatives from industry who have a financial interest to suppress raw milk and raw milk products are involved in making these decisions. Raw milk predominately comes from small producers and of course, bypasses the dairy board. Allowing raw milk is a great way to support our farmers and allow for diversity that slowly dies with large industrial food corporations. By way of example, the wonderful breed of Jersey cows have been replaced with inferior breeds so that quantity instead of the quality of milk is given precedence. We have already seen the extremely detrimental effects of such ideas with the produce now available from supermarkets whereby, fruit and vegetables are grown for their storage and transportable capabilities and their quality has suffered enormously.

Please investigate a raw milk certification process – the machines above and experience of countries such as Italy and Slovenia could be a basis for enquiry into such a process – rather than quash such an important nourishing food.

Yours sincerely

Jo Douglas , Nerang, QLD 4211