

Dear Editor,

I am a dairy farmer from [*insert region*]. I farm [*insert herd number*] dairy cows who provide milk for [*insert buyer/retailer/local shop*]. Our cows are kept to the highest standards and we pride ourselves on our high levels of welfare [*optional to insert examples of welfare*]. We are red tractor assured and our farm is independently inspected every 18 months to ensure standards are maintained. As a dairy farmer I am proud to produce a healthy, nutritious and delicious product which is a vital part of a balanced diet. If you want to find out more about what we do please do visit your local dairy farm on Open Farm Sunday, check out [www.thisisdairyfarming.com](http://www.thisisdairyfarming.com) for lots of facts about dairy farming or [NFU Countryside](#) to understand how you can better support British dairy farmers.

**NAME (optional)**

**DAIRY FARMER, REGION**