

Submission for Proposal P1007 - Primary Production and Processing Requirements for Raw Milk (Australia only)

I have been consuming unpasteurised (raw) milk and raw milk products for just over four years. During this time, I have been very healthy, and have not suffering from any food borne illnesses.

A good friend of mine who works as a Health Consultant/Dietician recommended that I start drinking raw milk as it has multitude of beneficial qualities that pasteurised milk does not. I was quite dubious at first, especially when I went to the health food shop and the only raw milk they had stated “Not for human consumption” on the label. Even the attendant at the shop wouldn’t tell me if I could actually drink the milk.

I did buy and drink that milk, and have continued to for over four years. Since then, I have done some research into the subject and I know that the raw milk I am consuming comes from healthy, local, free-range, organic, grass-fed cows, and am therefore not concerned about harmful pathogens. There is absolutely no way that I would ever consume raw milk from any of the larger commercial producers such as Paul’s, Pura, etc (even if they are allowed to sell it), due to the high risk of contamination.

On average, I consume the following raw milk products each week:

- Raw cow’s milk – 2L
- Cultured butter (cow’s) – 450g
- Raw cheddar cheese (home-made) – 400g
- Raw cultured soft cheese (home-made) – 200g
- Grana Padano/Parmigiano Reggiano (imported) – 100g
- Cultured cream (cow’s) – 100ml

My partner also consumes approximately the same quantities, with the exception of raw cow’s milk (only 1L, as opposed to my 2L).

When raw cow’s milk is unavailable (due to lack of supply), I will drink raw goat’s milk, but do prefer the flavour of raw cow’s milk. On the occasions that I can’t find any raw milk at all, then I will very reluctantly drink organic pasteurised cow’s milk, because I know that the pasteurisation process destroys enzymes, diminishes vitamin content, denatures milk proteins, destroys vitamins C, B12 and B6, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, arthritis and heart disease.

I don’t ever drink non-organic pasteurised cow’s milk.

While doing some research for this submission, I came across a Power Point presentation which was complied by “The Weston A. Price Foundation (A Campaign for Real Milk)”. Rather than reproducing bits and pieces of their findings here, I would like you to look at the presentation in its entirety: <http://realmilkaustralia.com/index.php/a-campaign-for-real-milk-powerpoint-presentation/> (it’s

8MB so it wasn't suitable as an attachment). It has been researched in-depth and is fully referenced. The rest of their websites may also interest you: www.realmilk.com and www.realmilkaustralia.com.

I believe that there will need to be some form of certification/regulation process when raw milk is finally allowed to be sold 'over-the-counter'. This certification/regulation might include things such as:

- No antibiotics may be used on a cow or other mammal from which raw milk is distributed. Antibiotic treated cow's milk must remain separated for one year.
- No growth or milk stimulating hormones may have been used at any time.
- No pesticides on cattle or environment.
- All dairy pastures certified organic or certified transitional and from one inspected and certified source: never commingled with raw milk from other herds.
- Cattle allowed access to pasture 150 days per year at a minimum and 100% of the time when possible. All natural feeds that the animal would naturally eat in nature (natural corn, barley, wheat or forages, but not soy or cottonseed or other unnatural processed feeds).
- Clean place for cattle to lie down and rest. All bedding areas are natural pasture or something that the cow would find in a natural environment. No free stalls or loafing stalls.
- Lactating animals must not be kept in crowded conditions and must be allowed to range freely, seek solitude and undisturbed rest. There must be adequate space available for the animal to experience all natural behaviors including: birthing, breeding etc.
- There must be ample clean fresh water available - no crowding for competition to water access.
- No TB and Brucellosis in herd on initial test and then once every two years.
- From herds tested to be free of TB. (Although we know we can't contract bovine TB, we wish to drink milk from healthy cows - nutritional support for cows has shown to reduce TB in herds).
- All raw milk must be chilled to below 4 degrees C within one hour after milk is drawn from animals. No product will ever be exposed to heat above 48 degrees C at any time, assuring that enzymes and bacteria are undamaged, alive, active and healthy.
- All stored or packaged raw milk to be kept at or below 4 degrees C until consumer sale (1-2 degrees C is preferred).
- All milking parlors and equipment, milk houses, milk handling and bottling equipment shall be kept clean according to the standards required by the local county or state milk sanitation standards for Grade A milk production. No sterilizers may be used including quaternary ammonias.

- From local sources ONLY. Raw cheeses made from local milk within hours of milking.
- Tested to be less than 20,000 SPC on one time per month by certification agency AND independent testing on finished products: Zero pathogens including, Listeria M, E. coli 0157H7, Salmonella, Campylobacter in finished products. Worst pathogens (E. coli 0157H7) tested more frequently (at least once per week by farmer with results recorded and sent to certification agency).
- Farmed with an Active Farm Food Safety Plan based on HACCP principles to identify risks and manage them. This plan is tested for compliance.
- Labeled as Raw Milk. We see no need to label with warnings unless pasteurised dairy will also be labeled so.

These guidelines have been sourced from:

<http://editor.nourishedmagazine.com.au/articles/nourished-community-fsanx-submission-for-raw-milk>

One last little testimonial before I sign off. I have a recipe for a soft raw cheese that is made by standing raw milk at room temperature for 2-4 days, draining off the whey, and then hanging the 'cheese' in cheesecloth for 12 hours (again at room temperature) before refrigerating again. When I first read this recipe I didn't believe that you could do this to milk, without it going off and becoming hazardous for humans.

You can, and it doesn't!

After following this recipe many times over the past four years, it still amazes me that fresh raw milk can be left at room temperature for several days and it's still edible and palatable (and probably has more health benefits due to the increased activity of friendly bacteria/micro-organisms). If you try to do this with "safe" pasteurised milk, you will get a smelly and dangerous concoction that barely resembles the product that is supposed to be.

I would love to see the laws changed so that healthy raw milk and raw milk products could be sold and produced in Australia. Whether or not this happens, myself and thousands of other Australian's will continue to consume raw dairy products.

Kind Regards,

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