



Give Students More Choices with Yogurt All Ways.

Tips to Promote Yummy Yogurt-based Items:

- **HANG UP** banners and posters that show appealing yogurt products
- **USE MENUS**, announcements or your school website to spread the word
- **FEATURE** new yogurt menu items in the school newsletter or on social media
- **SHOWCASE** yogurt items in all high-traffic areas
- **OFFER** weekly incentives



Yogurt offers endless ways to INCREASE MEAL PARTICIPATION

Yogurt is a versatile ingredient that packs a punch of nutrition and is popular with students. There's no limit to the ways you can pair it with fruits, vegetables and grains to create on-trend meal items.

Parfaits and smoothies are always a hit. For example, try these two easy-to-prepare student favorites:



Chunky Monkey Smoothie

- 3 gal. plus 2 cups raw sliced Bananas
- 25 lbs Plain Greek Yogurt
- 24 lbs Lowfat Chocolate Milk

Combine all in blender. Makes 50, 16 oz servings.

Berry Breakfast Parfait

- 1 CUP + 1/2 tbsp Graham Cracker Crumbs
- 12 lbs plus 8 oz Vanilla Non-fat Greek Yogurt
- 12 lbs plus 8 oz Frozen, Sliced Strawberries (or blueberries, raspberries, blackberries)

Layer 2 oz Yogurt then 1 oz Berries, then 2 oz Yogurt. Garnish with Graham Crumbs. Makes 50 servings.

Our **YOGURT ALL WAYS** resources provide many recipes like these and other ideas for nutritious meals with yogurt.

To take advantage of expanded yogurt offerings, you may need to consider adding equipment such as Immersion Blenders, Countertop Commercial Blenders or Smoothie Machines, or look into "blenderless smoothies" made with purees.

Many new yogurt-based menu items can be created – in compliance with nutritional guidelines – using items already in your bid. Whether you're adding smoothies, parfaits or other yogurt recipes, be sure to plan for necessary supplies (cups, straws, napkins, etc.) and include staff training for best results.

Contact American Dairy Association North East at schools@milk4u.org or visit www.NutritionConnection.org for valuable resources to assist with these and other programs.



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