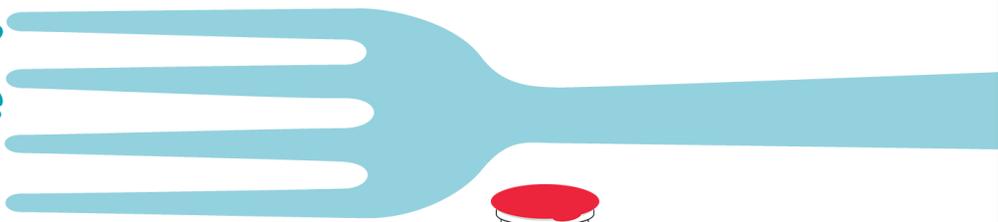


# Harvest of the Month



February



Yogurt



## Pick:

- While yogurt is a healthy food, many varieties contain a lot of added sugar. Check the nutrition label before purchasing.
- A good rule of thumb is to choose yogurt with under 23 grams of sugar per 6 ounces. The less the better! Or choose plain yogurts and sweeten yourself with maple syrup or honey.

## Store:

- Keep yogurt in the refrigerator and consume it before the expiration date.

## Prepare:

- Many yogurts come in ready-to-eat containers. Some may need to be stirred before using.

## Nutrition Info

Yogurt is an excellent source of protein, calcium and potassium.

Yogurt also has beneficial probiotics, which are live bacteria that help keep our digestive system healthy.

## Fun Facts

Many of the yogurt varieties in the United States are made from cow's milk, but yogurt can also be made from other milks including goats, sheep or non-dairy options like soy or coconut.

Regular yogurt is traditionally unstrained, resulting in a smoother, more liquid consistency. Greek yogurt is strained and has less liquid. As a result it is thicker and creamy. Try both to see what you like best!

## Uses

Yogurt makes a great snack! Add fresh fruit, granola, or whole grain cereal on top as a crunchy topping.

Plain yogurt is a great substitution for sour cream. Top your tacos and baked potatoes with yogurt, or use yogurt as the base of a fresh veggie dip.

## Family Friendly Activities

Have a smoothie making contest with your whole family! There are many different types of smoothies and you can be creative and come up with your own recipe. The one rule is everyone's recipe must use yogurt. Some ideas for add-ins are: frozen or fresh fruit, almond milk, kale, pumpkin puree, spinach, peanut butter, or cocoa powder.

## Farm2School Updates

This month leaders of all the Coulee Region Farm2School sites met with local company, Reinhart Food Service to continue to plan for how locally grown foods can be added to breakfast and lunch menus! Reinhart is based in La Crosse, but their company delivers food to schools and restaurants throughout the United States!

## Nutrition Facts

Serving Size (339g)  
Servings Per Container 2

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Amount Per Serving

**Calories 210**    Calories from Fat 30

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% Daily Value\*

<b>Total Fat</b> 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 130mg	5%
<b>Total Carbohydrate</b> 37g	12%
Dietary Fiber 3g	12%
Sugars 24g	
<b>Protein</b> 11g	

Vitamin A 6%    •    Vitamin C 80%  
Calcium 35%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Berry Oat Breakfast Smoothie

Serves 2

### Ingredients:

- 1 ½ cups frozen mixed berries
- 1 cup milk
- ¾ cup vanilla yogurt
- ¼ cup quick cooking oats

### Directions:

Place all ingredients in a blender. Cover and blend until smooth. Add additional milk, if needed, to achieve desired consistency. Serve!

*For more information on Farm2School visit [www.laxf2s.org](http://www.laxf2s.org)*

Color  
Yogurt!

