



# YOGURT

**YEAR-ROUND**



**ARKANSAS**  
**Farm to School**

**UofA**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# PRODUCE

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Yogurt is made from milk. Milk is fermented and made thick by bacteria. The bacteria produces lactic acid that creates the texture of yogurt. Yogurt is cooled and sometimes fruit is added. The yogurt is packaged and delivered to grocery stores in refrigerated trucks.



# PREP

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Store yogurt on a refrigerator shelf, rather than the door. Consume yogurt within three days of opening the package. Protect opened yogurt by sealing it tightly. Yogurt can be used to marinate meat, bake, and add texture and flavor to foods.



# EAT

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Begin your day by sipping a smoothie made with yogurt! Enjoy a parfait with layers of yogurt and your favorite fruit. Dip vegetables, fruit, or fried foods in a yogurt-based dip. Sauces and soups with added yogurt are silky smooth. It is a great substitute for butter or sour cream!



# LEARN

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Yogurt is a **dairy** product. It is high in protein and has calcium and potassium. It strengthens bones and helps the kidneys! Probiotics are beneficial bacteria that is found in yogurt and supports the digestive system. Yogurt can be made from cow, buffalo, camel, or goat milk.

