

5 FACTORS FOR SERVING YOGURT IN THE CACFP

1

Choose Type

Serve plain or flavored, unsweetened or sweetened yogurt.

2

Focus on Components (Adults Only)

Adults may have yogurt in place of milk once per day. Yogurt can credit as a meat alternate only when it is not used to meet the milk component in the same meal.

3

Go Commercial

Non-commercial and homemade yogurts are not creditable food items. Some common examples include frozen yogurt, drinkable yogurt products, homemade yogurt, yogurt bars, and yogurt-covered fruits or nuts.

4

Reduce Sugar

Yogurt must contain no more than 12 grams of added sugar per 6 ounces.

5

Incorporate Smoothies

Serve yogurt in smoothies as a meat/meat alternate with any meal or snack.

