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 23 grams of sugar per 6 ounces.

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