

YOGURT

TASTE ^{NOT} WASTE



Reduce Your Environmental Food Footprint

We don't intend to waste food, but unfortunately sometimes we do. By shopping smart, storing food properly, and understanding "best by" dates, we can keep food out of the landfill and lower our environmental impact.

Yogurt is versatile — in the kitchen and in your body. It's good for your bones, blood pressure, and immune system. Yogurt is easy to digest because it is low in lactose and provides good bacteria. All the more reason to taste and not waste!



MAKE A PLAN

Shop your fridge first.

Before you shop, check the fridge and your schedule, so you buy wisely and use what you have.

BEST BY

What does the "best by" date mean?

Dates confuse many of us, leading to good food being thrown out. "Best by" is a suggested date to help shoppers know when food is of best quality. Yogurt can still be enjoyed past this date, if kept cold.



KEEP IT COLD

32° - 40°F

Refrigerated yogurt typically lasts 2 weeks beyond the "best by" date. You can also freeze yogurt — when ready to eat, thaw in the fridge and use within 3-4 days.

Note: Thawed yogurt is thinner.



What are active cultures?

When making yogurt, live and active cultures are added. These good bacteria give yogurt its unique texture, taste, and health benefits.



How do I know if yogurt is still good?

Keep an eye out for mold. If you see fuzzy or colored spots, throw it out.

Note: Liquid on top is okay, it is protein-rich whey that naturally separates.



*Food nourishes us while we enjoy its deliciousness.
Our role is to use it responsibly. Taste foods, don't waste them!*



Nutritious and Delicious

Yogurt is nutritious and tasty, so use it throughout the day to get all the nutrients it provides, such as protein and calcium.



Add more flavor

Plain yogurt can be sweetened with honey, maple syrup, and fruit. It can be blended with spices and herbs to make sauces, dressings, and marinades.



Breakfast is served

Combine yogurt, oats, fruit, and nut butter in a container. Store overnight in the fridge and top with granola when ready to enjoy!



Boost your protein

Stir yogurt into whipped cream for a quick frosting. Substitute plain yogurt for sour cream or mayonnaise.



Taste It, Don't Waste It Recipe

Blueberry Banana Frozen Yogurt Bark

Frozen yogurt bark is a thin layer of yogurt frozen with fruit, nuts, seeds, and cereal. A perfect treat for breakfast, dessert, or snack time.

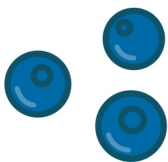
This no-waste recipe uses overripe bananas to sweeten plain yogurt.

INGREDIENTS

- 2 cups plain Greek-style yogurt (whole milk makes it creamy while low-fat makes it icy)
- 1 ripe banana, mashed, about 1/2 cup
- 2 tablespoons almond butter, peanut butter, or tahini
- 1/3 cup fresh or frozen blueberries, or fruit of choice
- 2 tablespoons toasted coconut

INSTRUCTIONS

1. Line a baking sheet with parchment paper or waxed paper.
2. Stir yogurt, banana, and nut butter together.
3. Pour onto the baking sheet in an even layer, about 1/2-inch thick. Sprinkle with coconut and blueberries.
4. Freeze until firm, at least 3 hours.
5. Lift paper off the pan and place on the cutting board to cut into chunks. Store in the freezer in an air-tight container or freezer bag for up to 2 months.



RECIPE TIPS

- If using larger fruits, such as strawberries, cut into blueberry sized pieces.
- Make it your own by using different nuts, seeds, and cereals.