

## Yogurt's Holistic Nutrition

#### **Perfect Balance**

The 3 building blocks, of nutrition.

#### 14 Vitamins 12 Minerals

Essential, for our body, to properly function.

- \*Prebiotics
- \*Good Source, of Calcium
- \*Good Source, of Vitamin D

## Try Serving It, Chilled!

Backpack, can alternate, between

Refrigeration (33F)
Room Temperature (Up To 90F)









Shelf-Life: 18 Months Storage: 33F - 90F

- No urgency, to serve, before expiration date
- Spoilage is almost, completely eliminated
- Opens regrigeration space, for other items

## Child & Adult Care Food Program

Refundable, as a Snack, for Ages 1+



## 18 MONTHS of SHELF-LIFE to Explore the Possibilities!

Satellite Meals

Summer Programs

Meal Kits

• Emergency Meals

Afterschool Programs

A La Carte

School Field Trips

Classroom Breakfast

List Goes on.....

## Yogurt's Holistic Nutrition

#### Its Perfect Balance

We could live a healthy lifestyle, only eating Yogurt! Supplemented, with Iron & Vitamin C

Yogurt has, the ideal balance between, the 3 main building blocks, of nutrition.

#### **Vitamins & Minerals**

It has, the most recognizable vitamins & minerals, found in your, daily vitamin.

#### **Yogurt's Prebiotics**

Increases friendly bacteria, in the gut, and improves, its overall metabolic health.

## **Backpack Yogurt Features**

**STORAGE**: 33F - 90F







SHELF-LIFE: 18 Months

## You Can Serve It, Chilled!

Backpack Yogurt, can alternate between:

- Dry Storage
- Refrigeration

If not served, chilled yogurt can go back, into dry storage!

\*\*This is not an option, via most shelf-stable milks.

Your Nutritionally Balanced, Shelf-Stable Snack

# Low-Fat Backpack Yogurt Flavors

Your Nutritionally Balanced, Shelf-Stable Snack

Proteins + Carbs + Fats & 14 Vitamins + 12 Minerals



#### 1 MEAT / MEAT ALTERNATIVE



#### Low-Fat

#### **Strawberry Yogurt**

#### **Nutrition Facts**

1 serving per container Serving size 4oz.

(113g)

Amount per serving		
Cal	ories	

Calories Calories		65
	% Da	ily Value*
Total Fat	1g	1%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Monosaturated Fat	0.5g	
Cholesterol	4mg	1%
Sodium	50mg	2%
Total Carbohydrate	11g	4%
Dietary Fiber	0g	
Total Sugars Includes 5g Added Sugars	11g	10%
Protein	4g	7%
Vitamin D	4mcg	20%
Calcium	141 mg	12%
Iron	0mg	0%
Potassium	152mg	8%
Vitamin A	46mcg	6%

\*The % Daily Value (DV) tells you how much a nutrient in serving of food cntributes to a daily diet. 2,000 calories a day is used for general nutrition

Grade A Cultured Pasteurized Low-Fat Milk, Cane Sugar, Strawberry Puree, Modified Corn Starch, Citric Acid, Natural Flavor, Natural Color and Natamycin. **CONTAINS MILK** 

#### Low-Fat

#### **Summer Berry Yogurt**

#### **Nutrition Facts**

1 serving per container (113g) Serving size 4oz.

#### Amount per serving

#### 65 Calories

<u> </u>	% Dai	ly Value*
Total Fat	1g	1%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Monosaturated Fat	0.5g	
Cholesterol	4mg	1%
Sodium	50mg	2%
Total Carbohydrate	11g	4%
Dietary Fiber	0g	
Total Sugars Includes 5g Added Sugars	11g	10%
Protein	4g	7%
Vitamin D	4mcg	20%
Calcium	141 mg	12 %
Iron	0mg	0%
Potassium	152mg	8%
Vitamin A	46mcg	6%

\*The % Daily Value (DV) tells you how much a nutrient in serving of food cntributes to a daily diet. 2,000 calories a day is used for general nutrition advice

#### INGREDIENTS:

Grade A Cultured Pasteurized Low-Fat Milk, Cane Sugar, Strawberry Puree, Black Berry Puree, Blue Berry Puree, Modified Corn Starch, Citric Acid, Natural Flavor,

#### CONTAINS MILK

#### Low-Fat

#### **Vanilla Yogurt**

#### **Nutrition Facts**

1 serving per container Serving size 4oz.

(113g)

Amount per serving

Calories		65
	% Do	ily Value*
Total Fat	1g	1%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Monosaturated Fat	0.5g	
Cholesterol	4mg	1%
Sodium	50mg	2%
Total Carbohydrate	11g	4%
Dietary Fiber	0g	
Total Sugars Includes 5g Added Sugars	11g	10%
Protein	4g	7%
Vitamin D	4mcg	20%
Calcium	141 mg	12 %
Iron	0mg	0%
Potassium	152mg	8%
Vitamin A	46mcg	6%

\*The % Daily Value (DV) tells you how much a nutrient in serving of food cntributes to a daily diet. 2,000 calories a day is used for general nutrition advic

#### INGREDIENTS:

Grade A Cultured Pasteurized Low-Fat Milk, Cane Sugar, Modified Corn Starch, Natural Flavor, and Natamycin. CONTAINS MILK

#### **PRODUCT SPECS**

FLAVORS	PRODUCT CODES	UNIT SIZE 4 oz. Cup	SHELF-LIFE 18 Months	(GF)
Strawberry	SBYLF101	CUPS PER CASE 48 Cups	<b>STORAGE</b> 33 F - 90 F	(J)Jo
Summer Berry	SUBYLF101	CASES PER PALLET	ALLERGEN	
Vanilla	VYLF101	91 Cases	Milk	(K)D







## K-12 Schools are in Perfect Position GUT HEALTH (Build Its Foundation)

Diverse Probiotics, on a Consistent Basis:

1st Grade through 12th Grade

- ✓ Live & Active, Probiotics
- √ 15 Hand-Selected, Strains
- 1-2 Cups from Week to Week
- ✓ Contains, 20 Billion CFUs

### **Foundation for Gut Health**

**PROBIOTICS** (15 Strains)

#### Critical Systems & Processes, in the Gut:

- Immune System
- Gut Brain Axis
- Metabolic Health
- Absorbs Nutrients
- Digestive System
- Balances Hormones

#### **IMMUNE SYSTEM**

**80% of immune system** can be found within our gut microbiome

COGNITIVE PROCESS

**100s of neurochemicals** are produced, to regulate learning, memory, mood

#### **Western Diet Consequences**

**OMEGA - 3 (100mg)** 

- Brain Development
- Autoimmune Diseases
- Heart Disease
- Chronic Inflammation

#### **PROBLEM:**

This unavoidable diet, is saturated with Omega-6

#### **SOLUTION:**

It's essential, to offset the imbalance, with Omega-3

## **Not Your Average Yogurt...**

Yougurt Feature

MEGA Yogurt

PROBIOTICS

15 Probiotics

Only Cultures

OMEGA - 3

100mg

None

SHELF - LIFE

90 Days

25 - 90 Days



Probiotics
15 Strains

Omega-3

Shelf Life
90 Days



Low-Fat

### **Strawberry Yogurt**

	<b>Nutrition Facts</b>			
1 serving per container Serving size 4oz.		(113g)		
Amount per serving				
Calories		65		
	% E	Daily Value		
Total Fat	1g	1%		
Saturated Fat	0.5g	3%		
Trans Fat	0g			
Monosaturated Fat	0.5g			
Cholesterol	4mg	1%		
Sodium	50mg	2%		
Total Carbohydrate	11g	4%		
Dietary Fiber	Og			
Total Sugars	11g			
Includes 5g Added Sugars		10%		
Protein	4g	7%		
Not a significant source of Vitamin D, Ir	on and Potass	sium.		

#### INGREDIENTS:

Grade A Cultured Pasteurized Low-Fat Milk, Strawberry Puree, Cane Sugar, Organic Tapioca Starch, Natural Flavor, Natural Color, Organic Flaxseed Oil and Natamycin. CONTAINS MILK

#### Low-Fat

#### **Blueberry Yogurt**

Nutrition Facts			
1 serving per container Serving size 4oz.		(113g)	
Amount per serving Calories		65	
	% E	aily Value*	
Total Fat	1g	1%	
Saturated Fat	0.5g	3%	
Trans Fat	0g		
Monosaturated Fat	0.5g		
Cholesterol	4mg	1%	
Sodium	50mg	2%	
Total Carbohydrate	11g	4%	
Dietary Fiber	0g		
Total Sugars	11g	10%	
Includes 5g Added Sugars			
Protein	4g	7%	
Not a significant source of Vitamin D, Ir	on and Potass	ium.	
*The % Daily Value (DV) tells you how much a nu			

#### INGREDIENTS:

Grade A Cultured Pasteurized Low-Fat Milk, Blueberry Puree, Cane Sugar, Organic Tapioca Starch, Natural Flavor, Natural Color, Organic Flaxseed Oil and Natamycin. CONTAINS MILK

#### Low-Fat

#### **Vanilla Yogurt**

Serving size 4oz.		(113g
Amount per serving Calories		65
	% D	aily Value
Total Fat	1g	1%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Monosaturated Fat	0.5g	
Cholesterol	4mg	1%
Sodium	50mg	2%
Total Carbohydrate	11g	4%
Dietary Fiber	Og	
Total Sugars	11g	
Includes 5g Added Sugars		109
Protein	4g	7%

#### INGREDIENTS:

Grade A Cultured Pasteurized Low-Fat Milk, Cane Sugar, Organic Tapioca Starch, Natural Flavor Blend, Organic Flaxseed Oil and Natamycin.

CONTAINS MILK

PRODUCT CODES		
Strawberry	MYLFSTB4	
Blueberry	MYLFBB4	
Vanilla	MYLFV4	
	]	

PRODUCT SPECS		
<b>UNIT SIZE</b>	<b>SHELF-LIFE</b>	
4 oz. Cup	90 Days	
CUPS PER CASE	<b>STORAGE</b>	
48 Cups	33 F - 40 F	
CASES PER PALLET	<b>ALLERGEN</b>	
91 Cases	Milk	

What's The Difference?	PROBIOTICS	CULTURES
Health Benefits?	<b>Definitely</b> Strong Evidence	<b>Yes &amp; No</b> Limited Evidence
Proven, Effective?	<b>Well-Documented</b> Clinical Trials	<b>Remains Unclear</b> Despite Research
Role, in Yogurt?	<b>Health Benefits</b> Scientifically Proven	<b>Turns Milk, into Yogurt</b> Starter Cultures
Purpose, in Food?	<b>Health Benefits</b> Scientifically Proven	Fermentation Enhances Taste & Texture

MEGA Yogurt is MORE EFFECTIVE than Supplements!		
Probiotics in MEGA Yogurt 1-2 Times Per Week	Probiotics in Supplements 7 Times Per Week	
Lives & Grows Stronger, in Yogurt Live & Active, Probiotics	<b>Made Dormant, for Capsules</b> Damages or Kills, Probiotics	
Yogurt Protects, from Stomach Acid & Bile Traveling, to the Gut	<b>No Protection, from Stomach Acid &amp; Bile</b> Traveling, to the Gut	
<b>Health Benefits, Immediate</b> Live & Active, in Yogurt	Health Benefits, Delayed 2 - 3 Weeks Dormant, in Capsules	