

Frozen Yogurt Bark

Ingredients

- 5.3 ounce container of any flavor of yogurt
- Toppings: fresh or frozen berries, coconut flakes, granola crumbles, or mini chocolate chips



Directions

1. Put some parchment paper on a small baking sheet or large, flat dinner plate.
2. Spread the yogurt in a thin, even layer on the parchment paper.
3. Sprinkle on your toppings, and freeze it for 30 minutes.
4. After the yogurt has frozen, peel the parchment paper off the bottom, and break the yogurt bark into rectangles.
5. Enjoy right away, or store in a container in your freezer.

Fruits in Season in July

Apples



Blackberries



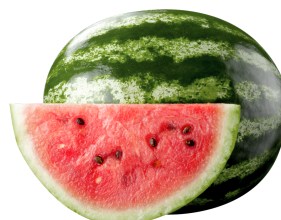
Blueberries



Cherries



Watermelon



Cantaloupe



Peaches



Raspberries



Frozen Fruit & Freezing Fruit

Frozen fruit provides the same nutrition benefits as fresh fruit. This is because frozen fruit is picked and frozen when it is the most ripe and when it has the most flavor! It also lasts longer than fresh fruit!



Fresh fruit tastes the best when it's in season, but it doesn't last as long! You can freeze fresh fruit like berries, cherries, mangos, peaches, and pineapple in freezer bags or containers!

Peel and chop ripe bananas (with brown spots) into pieces before freezing them! They make a great addition to any fruit smoothie!



Why should I buy and eat fruits and veggies that are in season?

Less expensive to buy!

Tastes better!

GREAT PRICE!

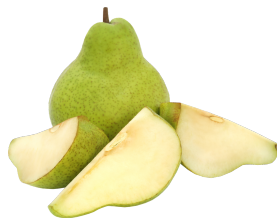
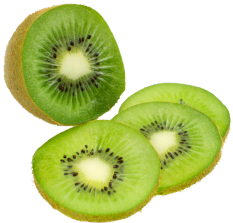
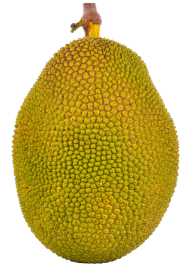
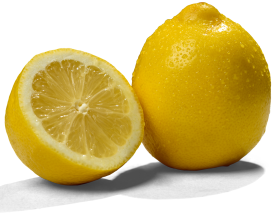
Doesn't have to travel as far to end up in your local grocery store!



Fruit Word Search

Name the fruits pictured, then find the fruit names in this puzzle!

M A N G O D A M P D S A
T U P K F Y X I X R E W
R I I Z A P N M B A P G
Y W U P D E H J K G A N
I L A R A Y F P Q O R W
E P E P F Y N E L N G Z
B S P M K K T A B F E W
Z L Y E O E C R I R G I
E P W J Y N B A Q U T W
H J V E A L W J J I T J
T I U R F R A T S T E W
L Y N M R L A L V G W K



Dairy foods have lots of calcium and vitamin D to help our bones and teeth grow normally and keep them strong and healthy! Here are some foods that give you calcium! Some are dairy foods, and some are not!



Low-Fat
Plain Yogurt



Soy Milk



Almonds



Non-Fat Milk



Macaroni &
Cheese



Calcium-Fortified
Orange Juice



Broccoli



Cheddar Cheese



Plain Instant
Oatmeal

