YOGURT IN SCHOOLS FACT SHEET

Fast Facts
- More than **31 million students** are part of the National School Lunch Program, and more than **13.6 million kids** eat breakfast at school each day as part of the National School Breakfast Program. ¹ ²
- Approximately **60 million pounds** of yogurt is served in schools each year. Traditional yogurt accounts for approximately **96 percent** of yogurt sold in schools, while Greek yogurt makes up the remaining **4 percent**.³
- Most yogurts contain **three** nutrients of public health concern identified by the 2010 Dietary Guidelines for Americans: calcium, vitamin D and potassium.
- Most yogurts are nutrient dense sources of high quality protein and, since April 1997, an approved meat alternate in school meals (4 oz. yogurt = 1 meat alternate serving). ⁴
- Dannon yogurt has been available in schools since **1998**.
- In **2006**, Dannon became a founding signatory of the Alliance for a Healthier Generation’s initiative to provide healthier food choices in schools.

Yogurt’s Historic Role in School Nutrition
- Thanks to its versatility and nutrient density, yogurt has a strong history – and even stronger future – in building healthy school meals, especially given that more than 31 million students enjoy school lunch through the National School Lunch Program each day.¹
  - Additionally, around 13.6 million students eat breakfast at school each morning as part of the National School Breakfast Program.²
- Dannon is proud to be at the forefront of companies providing yogurt for the National School Lunch Program since 1998, as part of its mission to bring health through food to as many people as possible.
- Dannon was a founding signatory of the Alliance for a Healthier Generation’s initiative to set healthy standards for snacking in schools in 2006, committing to bettering the nutrient content of yogurts offered in schools.

Yogurt in School Today
- The school nutrition environment is rapidly changing, with nutrition requirements and menu items evolving to healthier options – and yogurt is a nutrient dense, kid-friendly food that can help support healthier meal options.
- Yogurt appeals to kids of all ages and cultures – and it’s versatile. It can be served at breakfast or lunch, or as an afterschool snack.
- Yogurt is convenient, portable, easy to serve and pre-portioned.
- Whether traditional or Greek style, yogurt is a nutritious and budget-friendly substitute for ingredients such as mayonnaise and sour cream in many recipes.
- As vegetarian diets grow in popularity, yogurt can add quality protein (as an approved meat alternate, 4 oz. yogurt = 1 meat alternate serving) to vegetable-, grain- and legume-based meals.⁴

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³ NPD Group Data, April 2015
⁴ Federal Register, Vol. 62, No. 44, Thursday, March 6, 1997 p 10187

For more information on Dannon yogurt in schools, visit [www.dannonfoodservice.com](http://www.dannonfoodservice.com).
• While popular among adults, today Greek yogurt accounts for around 4 percent of yogurt sold in schools due in large part to its premium price and historic limited interest, but its rise in overall consumer popularity and versatility as an ingredient substitute suggest that the presence of Greek yogurt in schools is likely to grow.

How Yogurt Supports Health through Food in Schools
• Most yogurts contain three nutrients that most Americans need more of in their diets, identified by the 2010 Dietary Guidelines and the 2015 Dietary Guidelines Advisory Committee Scientific Report: calcium, vitamin D and potassium – which help with bone development and growth.
  o The percentage of children getting enough calcium dramatically decreases after age two. Additionally, vitamin D and potassium intakes are low among children 2-11.
• Most yogurts are a good source of high quality protein, which, together with calcium and vitamin D, helps promote muscle and bone strength.
  o The majority of bone mass development happens in childhood.
• For kids with lactose intolerance, yogurt can be a more easily digestible dairy option, thanks to the presence of lactase-producing yogurt cultures and because on average it contains less lactose per serving than milk.
  o Hispanic and African-American populations tend to experience higher rates of lactose intolerance and malabsorption. As these populations are also expected to significantly grow over the next decade, the availability of easily digestible dairy options in schools will be all the more critical.
• Yogurt is an appealing and practical complement to encourage consumption of fruits, vegetables and whole grains, particularly when combined in smoothies, parfaits and dips.
  o Many school foodservice directors are incorporating smoothies into their menus as breakfast and snack items.
  o Bundling yogurt with fruit, vegetables and/or whole grains in pre-packaged meal and snack kits offers school foodservice directors an innovative option for adding a federally reimbursable meal to à la carte offerings while improving line speeds.
• Dannon has taken action as a market leader to reduce sugar across its product portfolio.
  o Through the Partnership for a Healthier America, Dannon has made a public commitment to reduce total sugar to 23g or less per 6 oz. serving of yogurt in 100 percent of its products for children. Twenty-three (23) grams of total sugar per 6 oz. serving is the maximum amount that the Institute of Medicine recommended for yogurt in its “Competitive Foods in Schools” report, 2007.
  o Milk naturally contains a significant amount of sugar in the form of lactose, and our limit of 23g of sugar per 6 oz. (170g) is inclusive of both naturally occurring lactose sugar and the sugar added for palatability purposes.
• Yogurt can be a good recovery snack for kids post-recess, P.E. or sports practice.

8 Center NOaRBDNR. Osteoporosis: Peak Bone Mass in Women. 2012.
9 Dannon’s commitment is with respect to its fresh cultured dairy products under the Dannon brands: Dannon, Danimals, Danonino, Oikos, Activia, Light & Fit and DanActive.
11 “Timing Your Nutrition;” Academy of Nutrition and Dietetics (AND); http://www.eatright.org/resource/fitness/exercise/exercise-nutrition/timing-your-nutrition

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