

Monroe County WIC Winter Newsletter



Benefits of Yogurt

1 Protein

Yogurt is packed full of protein. Protein helps build strong muscles and foods higher in protein helps satisfy your hunger.

2 Vitamin D and Calcium

Calcium is found in all yogurt and can help build strong bones and keep them strong throughout your life. Some types of yogurt will have Vitamin D in them too, this also helps to keep your bones healthy.

3 Versatile

Yogurt can be a quick snack, you can even add fruit and cereal to make it a parfait. Yogurt can also be used as a sour cream substitute, especially in casseroles. Take a flavored yogurt and freeze it into a sweet snack. The possibilities are endless!

WIC News

Monroe County WIC offices are completing appointments remotely via phone calls.

Please call (585)-753-4942 with any questions or concerns.



Peanut Butter Whip with Fruit

Prep Time: 10 minutes

Servings: 2

Ingredients

- 4 tablespoons plain Greek yogurt
- 1 tablespoon creamy peanut butter
- ½ teaspoon honey
- Sliced fruit of choice



Instructions: Combine yogurt, peanut butter, and honey in a small bowl, whisk with a fork until blended. Slice fruit wedges. Serve immediately or cover and refrigerate.