

San Patricio Extension Education Association News Flash



Sharing is caring with TEEA

Kathy Farrow, CEA-FCS

June 2016

TEEA State Meeting September 13-14, 2016 Plano, Texas

Fees:

TEEA member - \$75

TEEA non-member - \$85

Late registration (July 15 add \$20)

Registration form and payment must be
received at the
San Patricio County Extension Office
by Friday, June 24, 2016.

You may mail or bring your form
with payment to the
San Patricio County Extension Office

See attached registration form.



Thanks to the
2015-2016
Association Officers...
you did a

GREAT JOB!



2016 Sinton EE Club Scholarship Winners
Garon Hunt & Riley Seago



The San Patricio County
Extension Office will be
closed
Monday, July 4, 2016
in observance of
Independence Day

Yogurt Basics

\$hop and \$ave

- * Store brands can be less expensive than national brands.
- * Buying yogurt in larger containers instead of single serving containers can save you money. Check the cost per ounce on the grocery shelf price tag.
- * Check the “best by” or “use by” date on the package and choose the longest time for use.
- * Greek yogurt may cost more than regular yogurt.

Yogurt provides calcium, protein and healthful (probiotic) bacteria.



Types of Yogurt

Traditional yogurt has a tart taste and smooth texture. It can be thickened with milk solids, gelatin, agar, guar gum or starches.

Greek style yogurt has been strained to separate out the liquid whey. This makes it thicker and concentrates the protein. It also reduces the calcium, sodium and sugars.

Plain yogurt is especially tart because it has no added fruit or sugar.

Flavored yogurts may contain fruit or other natural or artificial flavorings, sugars or artificial sweeteners.

Non-dairy yogurt can be made from soy, coconut or almond milk.

Quick Fit

- ✿ Use yogurt in smoothies and frozen fruit yogurt.
- ✿ Substitute for mayonnaise and sour cream in salad dressing or dips.
- ✿ Add to fresh or frozen fruit and granola.
- ✿ Substitute for buttermilk in baked goods.
- ✿ Top waffles or pancakes with yogurt and fruit.



Store Well Waste Less

- ♥ Keep yogurt in the refrigerator. Cover tightly to keep it from drying out, spoiling, or taking on the flavors of other foods in the refrigerator.
- ♥ If stored well (refrigerated and covered), yogurt is safe to eat after the ‘use by’ date but the flavor may be more tart and the liquid may have separated out. (It will need to be stirred.) Discard the entire container if any mold has appeared.
- ♥ Freezing yogurt is safe but the texture will not be the same after thawing.



Yogurt may be easier to digest for people with lactose intolerance.

Using Yogurt

Drinkable Yogurt

Ingredients:

- ½ cup low fat plain yogurt
- ½ cup 100% fruit juice

Directions:

1. Add yogurt and juice to a clean jar or other container with a lid. Close lid and shake.
2. Serve cold.
3. Refrigerate leftovers within 2 hours.

Makes: 1 cup **Prep time:** 5 minutes

Yogurt Fruit Dip

Ingredients:

- 1 cup nonfat plain yogurt
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- 1 teaspoon brown sugar

Directions:

1. In a bowl, combine yogurt, vanilla, cinnamon and brown sugar. Mix well.
1. Serve with sliced apples or other fruit.
2. Refrigerate leftovers within 2 hours.

Makes: 1 cup **Prep time:** 5 minutes

Peanut Butter Yogurt Dip

Ingredients:

- ½ cup nonfat plain yogurt
- ¼ cup peanut butter
- ¾ teaspoon cinnamon (optional)

Directions:

1. In a small bowl, mix together yogurt and peanut butter. Add cinnamon, if desired.
2. Serve with slices of fruit or vegetables.
3. Refrigerate leftovers within two hours.

Makes: ¾ cup **Prep time:** 5 minutes



When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ gently wipe or rinse mushrooms.
- ✿ use a cutting board to slice or chop vegetables
- ✿ measure dry or liquid ingredients.
- ✿ use a long handled spoon or spatula to sauté safely.

Go to FoodHero.org
for easy, tasty
recipes using
yogurt

2016 EEA Luncheon



2016 EEA Association Scholarship Winners, McKenzie Israel, Jared Cullison and Bridget Polasek



**TEXAS EXTENSION EDUCATION ASSOCIATION
2016 STATE CONFERENCE REGISTRATION FORM**

1. Please complete this form and mail to the Extension Office by **Friday, June 24, 2016.**
2. Make check payable to San Patricio Extension Education Association.
3. NO ON-SITE REGISTRATION

Name: _____

Club: _____

Mailing Address: _____

Phone: _____

REGISTRATION TYPES	FEES
TEEA Member full registration - \$75.00	
Extension Staff - full registration - \$75.00	
Visitor/Non Member - full registration - \$85.00	
Late Fee (after July 15, 2016 - add \$20.00 plus registration fee)	
Tuesday, September 13 - Alumni Dinner (Past and Present Board members) - \$21.00	
Wednesday, September 14 - Banquet - \$30.00	
TOTAL DUE	

**NO REFUNDS
TRANSFERS ALLOWED ONLY
IF MADE IN ADVANCE!**

TEXAS A&M AGRI LIFE EXTENSION

San Patricio County
219 N. Vineyard
Sinton, Texas 78387-2613

Return Service Requested

References to commercial products or trade names are made with the understanding that no discrimination is intended and no endorsement by the Texas A&M AgriLife Extension Service is implied.

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The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

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