



219 N. Vineyard, Sinton, TX 78387  
361/587-3400 • 361/364-6237-fax  
k-farrow@tamu.edu  
<https://sanpatricio.agrilife.org>

*Sharing is caring with TEEA*

Kathy Farrow, Family and Community Health Agent

June 2020



**ATTENTION** San Patricio County Extension Office opened to the public on May 26, 2020 with the following recommended guidelines to keep all employees and visitors safe.

1. If you are feeling ill or have a fever of 100.4° or greater, please do not come to our office.
2. All visitors must enter the front door facing Vineyard Street.
3. It is recommended and encouraged for all visitors to wear a mask.
4. Please use the hand sanitizer located in the lobby area before and after leaving our office.

Thank you for your cooperation.

## 2020 Extension Education Association Scholarship Winners



Alison Duncan is an Ingleside 4-H Club member and plans to attend Texas A&M University in College Station and major in Petroleum Engineering.

Megan Frerich is a Blue Ribbon 4-H & Odem FFA & FCCLA member and plans to attend Texas A&M University in College Station and major in Civil Engineering.

Taylor O'Brien is a Clover T 4-H Club member and plans to attend Texas A&M University in College Station and major in Agribusiness.



93rd TEEA State Conference scheduled for September 15-16, 2020 has been cancelled!



In observance of Independence Day the San Patricio County Extension Office will be closed Friday, July 3, 2020.



*Congratulations!*

to the 2020 Texas  
Extension Education  
Association Scholarship  
Winner  
**Megan Frerich**



San Patricio County  
Family & Community  
Health & Ag/Natural  
Resources

The following resources and information are available on our Facebook page.

- ★ COVID-19 information
- ★ Healthy recipes
- ★ Fun activities
- ★ Exercise ideas
- ★ Texas Commodity facts

# Yogurt Basics

## Shop and Save



- ✿ Store brands may be less expensive than national brands.
- ✿ Buying yogurt in larger containers instead of single serving cups may 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.
- ✿ Different types of yogurt contain different nutrients. Compare nutrition facts and prices for a good buy.



Yogurt provides calcium, protein, probiotic bacteria and other healthful nutrients



Yogurt Parfait

## Types of Yogurt

Dairy yogurt has been made from milk for centuries and is important to many cultures. Yogurts traditional to the United States, Greece, and other countries vary by texture, flavor and nutrients, especially protein and total sugars.

Non-dairy yogurt is made from oat, soy, almond and other plant milks. The nutrients provided may be very different than dairy yogurt.

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

Flavored yogurt is sweetened by added sugars or sugar substitutes and fruit or other flavors.

Plain yogurt has no added sugar and can be flavored in many ways, from sweet to savory.

## 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 change. Use it for baking and in smoothies.



# Enjoy Yogurt

## Savory Yogurt Spread

Prep time: 5 minutes  
Makes ½ cup

### Ingredients

- ½ cup nonfat plain Greek yogurt
- ⅛ teaspoon garlic powder
- ¼ teaspoon basil or cumin
- ¼ teaspoon oregano
- ⅛ teaspoon salt
- ⅛ teaspoon pepper



### Directions

1. Combine all ingredients in a small bowl and mix well. Add other seasonings as desired.
2. Use as a spread for wraps or sandwiches, a topping for tacos or a dip for raw veggies.
3. Refrigerate leftovers within 2 hours.

### Notes

No Greek yogurt? Mix 1/3 cup nonfat plain yogurt with 1/4 cup (2 ounces) of softened low-fat cream cheese and seasonings.

## Fruit Smoothie

Makes 4 cups  
Prep time: 5 minutes

### Ingredients

- 2 cups fresh, frozen, or canned (drained) fruit
- 1 cup nonfat plain yogurt
- 1 cup orange juice
- 6 ice cubes, crushed



### Directions

1. Place all of the ingredients in a blender.
2. Blend until smooth.
3. Refrigerate leftovers within 2 hours.

## Drinkable Yogurt

Makes 1 cup  
Prep time: 5 minutes

### Ingredients

- ½ cup nonfat plain yogurt
- ½ cup 100% fruit juice



### Directions

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

## Yogurt Fruit Dip

Prep time: 5 minutes  
Makes 1 cup

### Ingredients

- 1 cup nonfat or low-fat plain yogurt
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- 1 teaspoon brown sugar



### Directions

1. In a bowl, combine all ingredients and mix well.
2. Serve with sliced apples or other fruit.
3. Refrigerate leftovers within 2 hours.

## Fruit Smoothie

### Ingredients

- 1 cup low-fat vanilla yogurt
- 2 cups fruits, sliced
- 2 cups cold water



### Directions

1. Place yogurt, fruit and water in a blender. To prevent spills, do not fill past the top line of the blender.
2. Blend and serve.
3. Refrigerate leftovers within 2 hours.

### Notes

- Use any flavor of yogurt.
- Use fresh, canned or frozen fruit.
- If shake is too thick, add more water.

# Congratulations!

2020

## San Patricio Extension Education Association Scholarship Winners



Alison Duncan is an Ingleside 4-H Club member and plans to attend Texas A&M University in College Station and major in Petroleum Engineering. Alison's parents are Scott and Glady Duncan.



Megan Frerich is a Blue Ribbon 4-H & Odem FFA & FCCLA member and plans to attend Texas A&M University in College Station and major in Civil Engineering. Megan's parents are Toby and Staci Frerich.



Taylor O'Brien is a Clover T 4-H Club member and plans to attend Texas A&M University in College Station and major in Agribusiness. Taylor's parents are John and Shannon O'Brien.



2020 Texas Extension Education  
Association Scholarship Winner  
Megan Frerich

# TEXAS A&M AGRI LIFE EXTENSION

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

*Return Service Requested*

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.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating




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. Articles and recipes adapted from University of Nebraska-Lincoln Extension, Heart.org, tasteathome.com/recipes, Allrecipes.com, Food and Health Communications, University of New Jersey, and Foodhero.org.

**STAY HEALTHY**

Wash your hands with soap and water for at least 20 seconds

Avoid touching your eyes, nose, or mouth

Avoid close contact with people who are sick




Kathy Farrow  
County Extension Agent  
Family and Community Health  
San Patricio County  
219 N. Vineyard, Sinton, Texas 78387  
361-587-3400 ★ 361/364-6234-fax  
k-farrow@tamuedu

**STAY HEALTHY**

Wash your hands with soap and water for at least 20 seconds

Avoid touching your eyes, nose, or mouth

Avoid close contact with people who are sick

For additional information contact: