

Why Danimals?



- ✓ Danimals yogurt and smoothies are a source of calcium, Vitamin D, and high-quality protein, which together help promote muscle and bone health.
- ✓ All Danimals yogurt and smoothies contain live and active yogurt cultures, specifically *S. Thermophilus* and *L. Bulgaricus*.
- ✓ Yogurt with live and active cultures may help those with lactose intolerance enjoy the benefits of dairy with less discomfort.
- ✓ Danimals yogurt and smoothies are pre-portioned, portable, and easy to take on-the-go. The pouches can also be frozen to keep your child's lunchbox cool. They'll be thawed in time for lunch!
- ✓ You can have Danimals alone, as a dip, or served with fruits and veggies to help include more nutrient-dense foods in your child's diet.



Create a balanced plate

Watching your children ask for the same one or two foods over and over again, especially foods you may not consider to be the most nutritious, can sometimes make us wonder "where did I go wrong?" Keep applauding yourself for honoring your children's preferences to help them stay nourished. By continuing to offer a variety of different food choices along with favorites, your children will learn how to balance out their meals. Here are some ways to do so:



- 1 Aim to make half the plate veggies.
- 2 Try the whole grain option.
- 3 Use lean protein options.
- 4 Pair with a serving of dairy and fruit.

Which Plates Are Balanced?

<p>Plate A</p>	<p>Plate B</p>
<p>Plate C</p>	<p>Plate D</p>

*Try whole grain or mixing with half whole grain

Answer: All of them! You can still offer a balanced plate without feeling like you're making sacrifices.

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Learn how easy it is to follow a healthy lifestyle for your family, the planet, and your wallet



Encourage healthy eating early in life with a few simple ideas:

- 1 Find fun ways to include kids in the kitchen to help them become adventurous eaters. Even the littlest of your crew can help with simple tasks such as cleaning and sorting produce.
- 2 Make mealtime more enjoyable by eating as a family. Lead by example and turn off the tv to focus on being together during mealtime.
- 3 Respect your children's food preferences. Help them learn to honor their bodies by incorporating foods they love while finding ways to balance meals. Try our fun activity on the end flap!

Dietary patterns established in childhood tend to continue into adulthood.¹



Most US kids don't get enough Calcium & Vitamin D¹



Calcium and Vitamin D are important to help support strong bones. However, they are underconsumed in the US diet, including children's.

One serving of Danimals provides a good source of calcium and Vitamin D to help your little one work towards getting the recommended daily amount.

Avoid food waste to help the planet (and your wallet). Teach children to be friendly to the planet by including them in sustainable mealtime decisions.

Revamp Leftovers to Make New Meals



Chicken Salad

Reinvent last night's chicken by mixing it with chopped fruit or veggies and plain yogurt for a delicious chicken salad to spread on bread or to add to greens.

Pasta Bolognese

Make dinner a snap by mixing uneaten shredded or ground meat/poultry with tomato sauce and serve over your family's favorite pasta.

Egg Frittata

Mix beaten eggs with leftover veggies and cheese and bake until cooked through.



Buy items that can be repurposed in multiple recipes.

Plain yogurt is a great multi-use ingredient that pairs nicely in both savory and sweet dishes:

Delicious Dip

Mix plain yogurt with thawed and drained frozen spinach plus seasoning of your choice.

Yogurt Fixin' Bar

Set out plain yogurt, nuts, seeds, fruit, granola, and Danimals smoothies to allow kids to serve themselves. In a bowl layer yogurt, fixings and drizzle with the smoothie.

Creamy Soup

Add a delicious creamy zing to soup by blending with a dollop of plain yogurt.

Taco Night

Skip buying a container of sour cream and top your tacos with plain yogurt instead.

Include your child in the kitchen with these easy snack ideas...

Yogurt Bark

- 1 Line a baking sheet with parchment paper. Spread Danimals yogurt evenly on the parchment paper.
- 2 Top with sliced fruit and a teaspoon of sprinkles.
- 3 Put baking sheet in freezer for at least an hour.
- 4 Remove after an hour, break into pieces and enjoy!

After School Snack:

- 1 Pair a Danimals smoothie or yogurt pouch with sliced veggies and whole grain crackers.

Last Chance Smoothie

- 1 Blend a Danimals smoothie or yogurt pouch with fruits & veggies you have at home before they go bad.
- 2 Pour it into a cup with a lid and a straw for an easy, on-the-go snack!

Frozen Fruit 'Doughnut' Rings

- 1 Core an apple and slice into 1/4" rings. On a parchment paper lined baking sheet, freeze for roughly 20-30 minutes to help yogurt adhere.
- 2 Remove and dip into favorite flavor Danimals yogurt and sprinkle with desired condiments. Put back in freezer for another hour.

Yogurt Cups

- 1 Whisk 1 Danimals yogurt pouch and 1/2 cup of milk.
- 2 Add in small pieces of fruit.
- 3 Pour 1/2" deep into silicone cupcake liners, garnish with a slice of fruit and freeze for at least 2 hours.

...and meal ideas!

Yogurt Toast:

- 1 Spread a Danimals yogurt pouch on a slice of multigrain toast and top with seeds and fruit.
- 2 Pair with your child's favorite fruit or veggies.

No-cook Breakfast Oats

- 1 Combine 1 Danimals smoothie with 1/2 cup old fashioned oats and refrigerate overnight.
- 2 In the morning, serve with berries, along with nuts, seeds, or granola.

Nut Butter and Yogurt Wrap:

- 1 Coat a warm or cold tortilla with nut butter of choice.
- 2 Layer on a Danimals yogurt. Add diced fruit. Fold in sides and roll to a wrap.
- 3 Pair with sliced cucumbers or baby carrots.

LUNCHBOX HACK:

Add a frozen yogurt pouch to keep food cold! It will thaw and be ready to eat by lunchtime!



1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition.