



has partnered with



To increase the visibility of healthy food choices in Allen County. Menchie's features many frozen yogurt dessert options that you can feel good about indulging in. It is easy to make a healthy choice at Menchie's!

Start with about 6 ounces of the yogurt of your choice, focusing on nonfat and low fat options. Load up on toppings like fresh fruit, add a small amount of granola, dark chocolate or yogurt chips and finish with a little cool whip for a great tasting treat that will satisfy your sweet tooth without leaving you feeling guilty.

Thank you Menchie's for your partnership!

