

All about B.C. Yogurt

There are **over 50** provincially licensed dairy processors in B.C. making yogurt year-round.

Humans have been making yogurt for **over 5,000 years**. It is made by fermenting warm milk with beneficial **lactic acid bacteria** which thickens the milk and creates the characteristic tart flavour of yogurt.



About **75%** of the province's milk comes from the Lower Mainland, followed by the Interior, Vancouver Island, and the North.

Yogurt contains **probiotics** which are good for your digestive system.



About $\frac{2}{5}$ of milk production in B.C. is used for milk and fresh cream, while $\frac{3}{5}$ is used to produce butter, cheese, yogurt, and other products. Over **820 million litres** of milk are produced in B.C. each year, with around **470 million litres** processed into other dairy products.



*"Being a processor, is a really cool part of the food system. We work with farmers, our fantastic staff team, retailers and customers who eat the yogurt. It's a really big circle of people that we get to **connect with food.**"*

*– Scott and Merissa,
Yogurt Makers,
Cumberland, B.C.*



Scott and Merissa live in Cumberland, where the K'ómoks Comox Nation historically spoke Pentlatch, Ayajusem, and Kwákwala. The only close translation for the term yogurt is the word **malk** which is the **Kwákwala** word for milk.

Cumberland rests upon the unceded traditional territory of the K'ómoks Nation.