

Yogurt

Buy

- 24 or 32 oz containers
- Nonfat/fat free
- Pasteurized
- Lowfat
- Plain or flavored
- Whole
- Regular or Greek

Do Not Buy

- Frozen yogurt or drinkable yogurt, single servings or multi-packs
- Yogurt with added ingredients: granola, nuts, honey, candy
- Yogurt with artificial sweeteners
- Yogurt with more than 16g of added sugar per cup

Approved Brands

24 oz. Nonfat

- Siggis Plain, Vanilla

24 oz. Lowfat

- Anderson Erikson: Plain
- Country View Dairy: Plain, Strawberry, Vanilla
- Siggis: Plain, Vanilla

24 oz. Whole

- Country View Dairy: Plain
- Siggis: Plain, Touch of Honey

32 oz Nonfat

- Best Choice: Plain, Vanilla
- Best Yet: Plain, Vanilla
- Dannon: Plain, Blueberry, Strawberry, Strawberry, Banana, Vanilla
- Everyday Essentials: Plain, Strawberry, Vanilla
- Fage Total: Plain
- Food Club: Vanilla, Plain
- Great Value: Plain
- Hy-Vee: Plain

32 oz Nonfat (cont.)

- La Yogurt: Plain Vanilla
- Lucerne: Plain, Vanilla, Strawberry
- Market Pantry: Plain
- Mountain High: Plain, Vanilla
- Oikos: Vanilla
- Old Home: Plain, Vanilla
- Our Family: Plain, Strawberry
- Schnucks: Plain
- Shurfine: Plain, Vanilla, Strawberry
- Stonyfield: Plain

32 oz Lowfat

- Best Choice: Plain, Vanilla
- Best Yet: Plain, Vanilla
- Chobani: Plain, Madagascar Vanilla/Cinnamon
- Coburn Farms: Plain, Vanilla
- Dannon: Plain, Vanilla
- Darigold: Plain, Raspberry, Strawberry, Vanilla
- Everyday Essentials: Plain, Strawberry, Blueberry, Vanilla
- Food Club: Plain
- Great Value: Vanilla
- Hy-Vee: Plain, Peach, Vanilla, Blueberry, Raspberry, Strawberry, Strawberry-Banana
- Lala: Plain, Strawberry, Vanilla, Mango
- La Yogurt: Plain, Banana, Mango, Vanilla
- Lucerne: Plain, Vanilla
- Market Pantry: Vanilla
- Mountain High: Plain, Vanilla
- Oikos: Pro Plano
- Prairie Farms: Blueberry, Peach, Strawberry, Vanilla
- Schnucks: Plain
- Stonyfield Organic: Plain, Vanilla
- Two Good: Plain
- Yoplait: Blueberry, Strawberry, Vanilla, Peach, Strawberry-Banana

32 oz Whole

- Brown Cow: Plain, Vanilla, Maple
- Dannon: Plain, Vanilla
- Food Club: Vanilla
- Hy-Vee: Plain
- La Yogurt: Plain
- Lucerne: Plain, Vanilla, Strawberry

32 oz Whole (cont.)

- Mountain High: Plain, Vanilla, Strawberry
- Oikos: Plain
- Old Home: Plain
- Stonyfield Organic: Plain
- Greek Gods: Plain

32 oz Nonfat Greek

- Best Choice: Plain, Vanilla
- Chobani: Blueberry, Plain, Peach, Vanilla, Strawberry
- Coburn Farms: Vanilla
- Fareway: Plain, Vanilla
- Food Club: Plain, Vanilla
- Good & Gather: Plain, Vanilla
- Great Value: Plain, Strawberry, Vanilla
- Hy-Vee: Plain, Vanilla, Strawberry
- Lucerne: Vanilla, Plain
- Nostimo: Plain
- Oikos: Plain with Maple, Plain with Honey, Anything but Plain, Vanilla Bean
- Old Home: Plain, Vanilla
- Open Nature: Plain, Vanilla
- Our Family: Plain
- Stonyfield Organic: Plain, Vanilla Bean
- Yoplait: Plain

24 oz Lowfat Greek

- Country View Dairy: Plain
- Greek Gods: Plain

32 oz Lowfat Greek

- Chobani: Plain, Madagascar Vanilla & Cinnamon
- Old Home: Plain, Vanilla
- Two Good: Plain

24 oz Whole Greek

- Country View: Plain

32 oz Whole Greek

- Best Choice: Plain
- Cabot: Plain
- Chobani Greek: Plain
- Fage: Plain
- Fareway: Plain
- Great Value: Plain
- Greek Gods: Plain
- Hy-Vee: Plain
- Old Home: Plain, Vanilla
- Our Family: Plain

Yogurt Tubes 8-2 oz. Lowfat

- Go Gurt Simply: Vanilla/Raspberry, Berry/Strawberry/Banana, Strawberry
- Stonyfield Organic: Cherry/Berry Variety, Strawberry, Strawberry/Banana

Yogurt Tubes 16-2 oz. Lowfat

- Go Gurt Simply: Strawberry/Mixed Berry
- Stonyfield Organic Kids: Strawberry/Mixed Berry

Helpful Tip for Your Benefits

- Some yogurt options were added or removed to match new federal requirements. Yogurt must have no more than 16 grams of added sugar per cup.
- Check your yogurt type in the WICShopper app while you shop to avoid problems at checkout.
- If a flavor is not available, try plain yogurt and add your favorite fresh fruit.

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3. Email: program.intake@usda.gov.

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Approved Yogurt List

Effective April 1, 2026, this list replaces the yogurt section found in the 2026 Approved Food Booklet.

2026 Updated Yogurt List

