









Yogurt Helper for WIC Retailers: A list of WIC-allowed Yogurts


- **ALLOWED:**
 - 32 OZ TUBS (1.00 QT)
 - PLAIN, VANILLA, GREEK
 - NONFAT/LOWFAT & WHOLE
- **NOT ALLOWED:**
 - ORGANIC
 - FLAVORS OTHER THAN PLAIN OR VANILLA
 - ADDED INGREDIENTS SUCH AS FRUIT OR GRANOLA
 - YOGURT WITH MORE THAN 40 GRAMS OF SUGAR PER 8 OZ SERVING
 - ARTIFICIAL SWEETENERS (SUCH AS SUCRALOSE & ACESULFAME & STEVIA)
 - SOY, GOAT OR NON-DAIRY YOGURT


| Brand | Item Name | UPC/Barcode | Fat Content |
|---|---|--------------|---------------|
|  | Brown Cow Creamtop Whole Vanilla Yogurt | 088194340614 | Whole |
| | Brown Cow Creamtop Whole Plain Yogurt | 088194340607 | Whole |
|  | Chobani Greek Whole Plain Yogurt | 894700010434 | Whole |
| | Chobani Greek Nonfat Plain Yogurt | 894700010137 | Nonfat/Lowfat |
| | Chobani Greek Nonfat Vanilla Yogurt | 894700010144 | Nonfat/Lowfat |
|  | Coburn Farms Lowfat Plain Yogurt | 051933342897 | Nonfat/Lowfat |
| | Coburn Farms Lowfat Vanilla Yogurt | 051933286702 | Nonfat/Lowfat |
| | Coburn Farms Greek Nonfat Plain Yogurt | 051933345874 | Nonfat/Lowfat |
|  | Dannon Light & Fit Greek Plain Yogurt | 036632037459 | Nonfat/Lowfat |
|  | Dannon Whole Milk Plain Yogurt | 036632002822 | Whole |
| | Dannon Whole Milk Vanilla Yogurt | 036632007889 | Whole |
| | Dannon Lowfat Plain Yogurt | 036632002020 | Nonfat/Lowfat |
| | Dannon Classic Lowfat Vanilla Yogurt | 036632002105 | Nonfat/Lowfat |
| | Dannon Nonfat Plain Yogurt | 036632002518 | Nonfat/Lowfat |


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|---|--------------------------------|--------------|---------------|
|  GV = Great Value | GV Greek Whole Plain Yogurt | 078742065762 | Whole |
| | GV Lowfat Vanilla Yogurt | 078742369266 | Nonfat/Lowfat |
| | GV Nonfat Plain Yogurt | 078742229218 | Nonfat/Lowfat |
| | GV Greek Nonfat Plain Yogurt | 078742016856 | Nonfat/Lowfat |
| | GV Greek Nonfat Vanilla Yogurt | 078742019055 | Nonfat/Lowfat |

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|---|--------------------------------------|--------------|---------------|
|  | Kroger Whole Milk Vanilla Yogurt | 011110025296 | Whole |
| | Kroger Whole Milk Plain Yogurt | 011110025289 | Whole |
| | Kroger Lowfat Vanilla Yogurt | 011110500625 | Nonfat/Lowfat |
| | Kroger Lowfat Plain Yogurt | 011110459046 | Nonfat/Lowfat |
| | Kroger Lowfat Blended Vanilla Yogurt | 011110459022 | Nonfat/Lowfat |
| | Kroger Nonfat Grade A Plain Yogurt | 011110457479 | Nonfat/Lowfat |
| | Kroger Plain Nonfat Greek Yogurt | 011110028174 | Nonfat/Lowfat |

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|---|-------------------------------------|--------------|---------------|
|  | Lucerne Whole Milk Plain Yogurt | 021130079643 | Whole |
| | Lucerne Fat Free Plain Yogurt | 021130073979 | Nonfat/Lowfat |
| | Lucerne Greek Nonfat Plain Yogurt | 021130079285 | Nonfat/Lowfat |
| | Lucerne Greek Nonfat Vanilla Yogurt | 021130076079 | Nonfat/Lowfat |
| | Lucerne Lowfat Vanilla Yogurt | 021130077403 | Nonfat/Lowfat |

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|---|--------------------------|--------------|---------------|
|  MP = Market Pantry | MP Lowfat Vanilla Yogurt | 085239018132 | Nonfat/Lowfat |
| | MP Nonfat Plain Yogurt | 085239015537 | Nonfat/Lowfat |

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|---|---------------------------------------|--------------|---------------|
|  | Mtn High Whole Vanilla Original Style | 075270001613 | Whole |
| | Mtn High Whole Milk Original Yoghurt | 075270001606 | Whole |
| | Mtn High Fat Free Vanilla Yoghurt | 075270001675 | Nonfat/Lowfat |
| | Mtn High Fat Free Plain Yoghurt | 075270001668 | Nonfat/Lowfat |
| | Mtn High Lowfat Plain Yoghurt | 075270001910 | Nonfat/Lowfat |
| | Mtn High Lowfat Vanilla Yoghurt | 075270001941 | Nonfat/Lowfat |

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|---|-------------------------------|--------------|---------------|
|  | Nancy's Lowfat Yogurt | 043192101056 | Nonfat/Lowfat |
| | Nancy's Nonfat Vanilla Yogurt | 043192103012 | Nonfat/Lowfat |
| | Nancy's Nonfat Plain Yogurt | 043192103005 | Nonfat/Lowfat |

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|--|---|--------------|---------------|
|  | Nostimo Greek Whole Plain Yogurt | 011225271977 | Whole |
| | Nostimo Greek Whole Vanilla Yogurt | 011225272011 | Whole |
| | Nostimo Greek Nonfat Plain Yogurt | 011225106798 | Nonfat/Lowfat |
| | Nostimo Greek Nonfat Vanilla Yogurt | 011225106804 | Nonfat/Lowfat |
|  OF = Our Family | OF Greek Nonfat Plain Yogurt | 070253642142 | Nonfat/Lowfat |
| | OF Greek Nonfat Vanilla Yogurt | 070253642128 | Nonfat/Lowfat |
| | OF Light Nonfat Vanilla Yogurt | 070253640353 | Nonfat/Lowfat |
| | OF Light Plain Nonfat Yogurt | 070253640391 | Nonfat/Lowfat |
| | OF Vanilla Lowfat Yogurt | 070253640094 | Nonfat/Lowfat |
|  | Oikos Plain 4% Whole | 036632032416 | Whole |
| | Oikos Plain 0% | 036632027535 | Nonfat/Lowfat |
| | Oikos Vanilla 0% | 036632027542 | Nonfat/Lowfat |
|  | Open Nature Greek Nonfat Vanilla Yogurt | 079893114132 | Nonfat/Lowfat |
| | Open Nature Greek Nonfat Plain Yogurt | 079893114125 | Nonfat/Lowfat |
|  SF = Shurfine | SF Plain Lowfat Yogurt | 015400816618 | Nonfat/Lowfat |
| | SF Vanilla Lowfat Yogurt | 015400816625 | Nonfat/Lowfat |
| | SF Blended Vanilla Lowfat | 011161403296 | Nonfat/Lowfat |
| | SF Vanilla No Fat Yogurt | 015400816687 | Nonfat/Lowfat |
| | SF Fat Free Plain Yogurt | 011161403289 | Nonfat/Lowfat |
| | SF Plain Nonfat Yogurt | 015400816670 | Nonfat/Lowfat |
|  | Simply Balanced Greek Plain Yogurt | 085239555101 | Nonfat/Lowfat |
| | Simply Balanced Greek Vanilla Yogurt | 085239455104 | Nonfat/Lowfat |
|  | Tillamook Lowfat Plain Yogurt | 072830030014 | Nonfat/Lowfat |
| | Tillamook Lowfat Vanilla Bean Yogurt | 072830030007 | Nonfat/Lowfat |
|  WF = Western Family | WF Lowfat Plain Yogurt | 015400003964 | Nonfat/Lowfat |
| | WF Lowfat Vanilla Yogurt | 015400004435 | Nonfat/Lowfat |
|  | Yoplait Nonfat Plain Yogurt | 070470004389 | Nonfat/Lowfat |
| | Yoplait Lowfat Vanilla Yogurt | 070470004396 | Nonfat/Lowfat |