

# Yogurt and Tofu Changes Effective April 1

MARCH 25, 2026

## Yogurts

To meet food rule changes, sugar content in yogurt must be less than or equal to 16 grams per cup added sugar. Because of this, certain yogurts will be removed from the food package.

UPC/PLU	Yogurt
041303036884	Essential Everyday vanilla nonfat Greek yogurt 32 ounces
085239078440	Good Gather Whole Milk Van Honey Greek yogurt
078742369259	Great Value low fat strawberry 32 ounces
078742158693	Great Value fat free strawberry Greek yogurt 32 ounces
078742019055	Great Value nonfat Greek vanilla yogurt 32 ounces
078355570264	Greek Gods black cherry Greek yogurt 32 ounces
078355570066	Greek Gods honey strawberry Greek yogurt 32 ounces
078355570011	Greek Gods honey Greek yogurt 32 ounces
078355570110	Greek Gods honey vanilla Greek yogurt 32 ounces
011274007220	J and J kosher nonfat strawberry yogurt 32oz
075450242249	HyVee Honey Greek yogurt 32 ounces
075450242232	HyVee Honey vanilla Greek yogurt 32 ounces
014353103363	Mehedrin Greek nonfat vanilla yogurt 32 ounces
014353103028	Mehedrin vanilla low-fat yogurt 32 ounces
890360003908	Norman's kosher Greek RF strawberry 32 ounces
890360003915	Norman's kosher Greek RF vanilla 32 ounces
814633019595	Nuestra Cocina plain low-fat yogurt 32 ounces
070322106667	Old Home fat free vanilla yogurt 32 ounces
070322106629	Old Home vanilla yogurt 32 ounces

## Tofu

Tofu products that do not meet new calcium requirements (100 milligrams/100 grams) will be removed from the APL. Currently silken products do not meet these requirements.

Some yogurt and tofu products are being removed since they were discontinued by the manufacturer. Check out the [MN WIC APL](#) for a complete product listing.

## What do WIC staff need to do?

Mention to participants that some yogurt options have changed. Encourage participants to use the WIC app and scan items to see if they are WIC allowed and in their benefits.

## WIC app message

A Minnesota WIC App message will go out to participants about the change on April 1:

**Subject:** Food package updates

**Message:** WIC is removing some yogurt and tofu products on April 1. The changes aim to improve the nutritional value of the WIC food package. Use your Minnesota WIC App to scan food products before you check out to make sure they're included in your food package.

**Hyperlink:**

[Minnesota WIC App Messages \(Español/Somali/English\)](#)

Information is also available on the [WIC Food Package - Updates!](#) webpage.

## Reference – complete listing of hyperlinks

[MN WIC APL](#)

(<https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.health.state.mn.us%2Fdocs%2Fpeople%2Fwic%2Fvendor%2Ffpchgng%2Fupc%2Fapl.xlsx&wdOrigin=BROWSELINK>)

[Minnesota WIC App Messages](#) (<https://www.health.state.mn.us/people/wic/appcomm.html>)

[WIC Food Package - Updates!](#)

(<https://www.health.state.mn.us/people/wic/foods/changes.html>)

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