

## #6A

### WIC Foods Quiz- Answer Key

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#### Fruits and Vegetables

**1. Are frozen stir fry mixtures allowed?**

Yes, if the items costs less than the fruit/vegetable voucher check and there are no added ingredients listed in the “Do Not Buy” section of the Foods List, such as sauces or pasta.

**2. Are frozen fruits allowed?**

Yes, if the items costs less than the fruit/vegetable voucher check and there are no added ingredients listed in the “Do Not Buy” section of the Foods List.

**3. Can fruit/vegetable voucher checks be combined?**

No, each fruit/vegetable voucher check is a separate transaction.

**4. Can the WIC participant pay extra if her purchase of fruits/vegetables is more than her fruit/vegetable voucher check?**

No. However, the WIC customer can simply take the ‘extra’ items and put them with her personal shopping.

Note: Some counties in Colorado require stores to charge tax on food purchased with personal funds; but stores may not charge tax on WIC transactions. It would be very cumbersome for stores to allow WIC participants to pay the difference since they would be separate transactions.

**5. Is cilantro allowed?**

No, as explained in the “Do Not Buy” section of the Foods List, herbs and spices are not allowed.

**6. Can a bag of frozen peas, a carton of organic blueberries, and a pound of bananas be purchased with the fruit/vegetable voucher check?**

Yes, if the items costs less than the fruit/vegetable voucher check and there are no added ingredients listed in the “Do Not Buy” section of the Foods List.

#### Breakfast Cereal

**7. Is a box of Kellogg’s Rice Crispies allowed?**

No, specific items are pictured (or listed) in the Foods List; this item is not specified.

#### Whole Grains

**8. Is Uncle Ben’s brown rice in a box an allowed item?**

No, the Foods Lists allows “Any Brand” but does not allow boxed brown rice. The graphic identifies “brown rice in bags.”

**9. Are whole wheat tortillas allowed?**

No, the Foods Lists allows corn tortillas only. (Please note: Colorado WIC did not find a significant number of whole wheat tortillas that met federal regulation available in WIC-authorized stores. As they become more readily available, this item may come up again for review.)

**10. If a WIC check lists 32-ounces of whole grains, is it OK to purchase a 24-ounce package of Oroweat "100% Whole Wheat Buns" and an 8-ounce package of store brand corn tortillas?**

Yes, if the items are allowed in the Foods List and do not contain added ingredients listed in the "Do Not Buy" section.

**100% Juice**

**11. If a WIC check lists two (2) cans of 100% juice in 12-oz frozen and/or 46-ounce metal cans, is it allowed to buy one 12-ounce frozen store brand orange juice and one 46-ounce metal can of V8?**

Yes. Participants may "mix and match" as long as the juices are allowed in the Foods List with no added ingredients listed in the "Do Not Buy" section.

**12. If a WIC check lists two (2) containers of 64-ounce 100% juice, is it allowed to buy one 12-ounce frozen store brand orange juice and one 64-ounce shelf-stable bottle of V8?**

No. The participant must choose items that are among the 64-ounce juices listed in the Foods List.

**13. Will 64-oz grape juice in a refrigerated carton be allowed?**

No. Specific brands of 64-ounce grape juice in a shelf-stable plastic bottle will be allowed; only store brand orange and grapefruit 100% juice are allowed in a refrigerated carton.

**Soy Beverage**

**14. Is soy beverage allowed in the new food package? If so, what brand?**

Currently, only Pacific Natural Foods Ultra Soy, Non-Dairy Beverage (plain or vanilla) meets the federal regulations for nutrition content. At this time, however, this soy product is not widely available in Colorado. It is anticipated to be available in the near future at various King Soopers and, possibly, Wal-Mart stores.

**15. Can soy beverage be substituted at the store for milk?**

No, soy beverage cannot be purchased with checks that specify "milk." To help avoid confusion, soy beverage is listed in "Purchase ONLY if specified on WIC check" section of the Foods List. If an educator determines that the participant appropriately has the choice of soy beverage, the participant will make that decision at the clinic and the WIC check will list soy beverage. (Note: Children must have a physician's prescription with a medical diagnosis of milk allergy, severe lactose intolerance, or adherence to a vegan diet before any amount of soy beverage may be issued. Women may be issued soy beverage upon request – without a prescription)

**Tofu**

**16. *What brands of tofu are WIC approved in Colorado?***

Denver Tofu and House Foods. They are all in refrigerated, water packed tubs that range in size from 12 to 16-ounces. As more brands meet the federal and state requirements, they will be reviewed in the future for possible inclusion in the Foods List.

**Canned Beans**

**17. *If four (4) cans of beans are listed on the WIC check, can a participant receive a can of black beans with cilantro, a can of pork and beans, and a can of kidney beans?***

No. Only the can of kidney beans is allowed. The “Do Not Buy” section of the Foods List under Canned Beans states that beans can have no added flavoring or meat.

**Peanut Butter**

**18. *Are low salt and low sugar jars of peanut butter allowed?***

Yes, if they are an allowed size (18-ounces) and do not contain added ingredients listed in the “Do Not Buy” section of the Foods List.

**19. *Will WIC allow the participants to decide between peanut butter and dried beans at the store?***

No. If the participant has the choice between two food items, they will make that decision at the clinic. WIC checks will show the type of food that can be purchased at the store. WIC-authorized stores are not permitted to let a participant substitute items that are not listed on a WIC check; they risk being disqualified from WIC and the Food Stamp Program if found to be allowing substitutions. If a participant wants to change items on their WIC check, they should be directed back to their clinic .

**Canned Fish**

**20. *Thirty (30) ounces of canned fish is listed on the WIC check. Is it OK to buy one can of 5-ounce Starkist tuna, one can of 5- ounce Crown Prince sardines with hot sauce and one can of 17.5-ounce store brand pink salmon?***

Yes, the Foods List shows that added flavoring in canned fish is allowed in the “OK to Buy” section.

**21. *Are multi-packs of baby food jars allowed?***

Yes, if the items are allowed in the Foods List with no added ingredients listed in the “Do Not Buy” section. Each jar in a multi-pack counts as a separate jar. For example, a 4-pack counts as four jars.

**22. *Is it OK to buy baby food dinners or graduates?***

No. As shown in the “Do Not Buy” section of the Foods List, they are not allowed. In addition, they are generally in jars larger than the 4-ounce limit.