

WIC Allowable Foods Quiz

Fruits and Vegetables

1. *Are frozen stir fry mixtures allowed?*

2. *Are frozen fruits allowed?*

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

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

5. *Is cilantro 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?*

Breakfast Cereal

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

Whole Grains

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

9. *Are whole wheat tortillas allowed?*

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?*

100% Juice

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

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

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

Soy Beverage

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

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

Tofu

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

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?

Peanut Butter

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

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

Canned Fish

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

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

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