

# 2a. WIC Foods Selection Worksheet

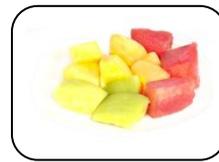
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## Directions

Use the WIC Approved Foods List to determine if the following foods are WIC approved or non-WIC approved. Circle those foods that are WIC approved.



Fresh cucumbers, 1 lb.



Fresh-cut melon party tray, 2.5 lbs



Infant rice cereal, 8-oz. container



Low-fat milk, 1 gallon



Store brand baked beans, 16-oz. can



Store brand shredded low-fat cheddar cheese, 8 oz.



Canned pink salmon, 14.75-oz. can



Lactaid 1% Low-Fat Milk, 1/2 gallon



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Sara Lee 100% whole wheat bread, 20-oz. loaf



Honey Nut Cheerios, 20-oz. box



Tree Top apple juice, 46-oz. bottle



Beechnut apples & chicken infant food, 4-oz. bottle



Store brand pinto beans, 1-lb. bag



Carnation fat free evaporated milk, 12-oz. can



Fresh Express lettuce mix, 6-oz. bag



Chicken of the Sea light tuna packed in oil, 5-oz. can



Old Orchard 100% Grape Juice frozen concentrate, 12-oz. can



Kraft cheese singles, 16-oz. package



Extra-large eggs, 1 doz.



Premium baking potatoes, 2 lbs.

