

## 2b. WIC Foods Flashcards Activity

Name: \_\_\_\_\_

### Directions

If led by your instructor:

- Locate a copy of the Nebraska WIC Approved Foods List.
- Become familiar with the sections of the booklet and identify how to find specific information about food items.
- When your instructor holds up a flashcard with a food item and description, use your WIC Approved Foods List to determine whether the food is WIC approved. Be ready to share your answer.
- If your answer was incorrect, write down the reason the product is not WIC approved on this worksheet.

If working in pairs or small groups:

- Locate a copy of the Nebraska WIC Approved Foods List.
- Become familiar with the sections and identify how to find specific information about food items.
- Have each person take a turn showing a flashcard with a food item and description.
- Use your WIC Approved Foods List to determine whether the food is WIC approved. Be ready to share your answer.
- Discuss as a group until you agree on the answer. If uncertain about the correct answer, ask your instructor for assistance.
- If your answer was incorrect, write down the reason the product is not WIC approved on this worksheet.

**Reminders about why food items are not approved:**

