

3a. Shopping Cart Evaluation Worksheet

Name: _____

Directions

Review the section of a sample WIC check shown on the left side of the page and compare that to the items presented in the shopping cart on the right side of the page.

- If a presented item is acceptable, draw a ✓ beside the item.
- If a presented item (or combination of items) is not acceptable, draw a ✗ beside the item(s).

Be ready to discuss your responses.

WIC Check Presented

1.



NEBRASKA WIC PROGRAM
301 Centennial Mall South • Lincoln, Nebraska 68509-5026
Buying, selling or otherwise misusing WIC benefits is a crime. To report suspected abuse, call 800-424-9212 or visit www.usda.gov/oig/hotline.htm

Clinic ID: 5-15 Name: Tricen Jensen

1 (16-OZ) STORE BRAND CHEESE
1 (DOZEN) MEDIUM OR LARGE EGGS
1 (16-OZ) BREAD/ TORTILLAS OR (14-16) OZ BROWN RICE
1 (12-OZ) EVAPORATED MILK - FAT FREE
1 (GALLON) MILK - 1% OR FAT FREE SKIM
1 (64-OZ) JUICE

Items in Shopping Cart



Pepperidge Farm 100% Whole Wheat bread, 24-oz.

Our Family White Grape Juice, 64-oz. bottle

Store brand 1% milk, 1 gallon

Store brand skim milk, 1 gallon

Store brand cheese sticks, 12-oz.

Store brand medium brown eggs, 1 dozen

Carnation fat free evaporated milk, 12 oz.

Comments on this WIC shopping cart:



WIC Check Presented

2.

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Clinic ID: 5-15 Name: Silvie Jensen
1 (DOZEN) MEDIUM OR LARGE EGGS
36 (OUNCES OR LESS) CEREAL
4 (HALF GALLON) LACTOSE FREE MILK - 1% OR FAT FREE
1 (11.5-12 OZ) FROZEN OR POURABLE CONCENTRATE JUICE

Comments on this WIC shopping cart:

Items in Shopping Cart

Store brand large eggs, 1 dozen

Store brand 1% lactose free milk, 2 half gallon
Store brand fat free lactose free milk, 2 half gallon

Kellogg's Corn Flakes, 24-oz.
Best Choice Happy Os, 18-oz.

Welch's Cranberry Juice Cocktail Frozen
Concentrate, 11.5 oz.

WIC Check Presented

3.

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Clinic ID: 5-15 Name: Lacey Pineapple
3 (8-OZ) INFANT CEREAL WITHOUT FRUIT
16 (4-OZ) JARS BABY FRUIT/VEG [2 PK = 2 JARS]

Comments on this WIC shopping cart:

Items in Shopping Cart

4 jars – Beechnut squash, 4-oz.

4 jars – Beechnut pears, 4-oz

4 jars – Beechnut apples, 2.5-oz.

4 jars – Tippy Toes broccoli w/ cheese, 4-oz.

2 boxes – Gerber cereal rice with apples, 8-oz.

