

# WIC APPROVED FOODS BROCHURE - Activity Sheet



Questions a client might ask you:	Use your food brochure to help find the answers:	
Cereals	<ul style="list-style-type: none"> <li>• Can I purchase a 9 oz. box of Cheerios?</li> <li>• Is Quaker Oatmeal a WIC approved item?</li> <li>• Are Rice Krispies WIC approved?</li> </ul>	
Bread	<ul style="list-style-type: none"> <li>• If the store is out of 16oz. Sara Lee 100% Whole Wheat Bread, it is okay to get the 24 oz.?</li> <li>• Pepperidge Farm 100% Whole Wheat Cinnamon with Raisins 16 oz. is WIC approved?</li> </ul>	
Tortillas	<ul style="list-style-type: none"> <li>• Can I buy any kind of 16 oz. tortillas?</li> <li>• Are Fajita Style Whole Wheat Tortillas 16 oz. approved?</li> </ul>	
Brown Rice	<ul style="list-style-type: none"> <li>• What brands of brown rice 14-16 oz. are WIC approved?</li> </ul>	
Juice	<ul style="list-style-type: none"> <li>• Does it matter if a women gets the 64 oz. or the 12 oz. container of juice as long as it WIC approved?</li> <li>• Is Juicy Juice Passion Dragon fruit WIC approved?</li> </ul>	
Peas & Beans	<ul style="list-style-type: none"> <li>• May I purchase four cans of "chili beans"?</li> <li>• You can purchase dried garbanzo beans?</li> </ul>	

Peanut Butter	<ul style="list-style-type: none"> <li>Any brand of 16 oz. peanut butter is WIC approved?</li> </ul>	
Eggs & Dairy	<ul style="list-style-type: none"> <li>Can I purchase any type of milk?</li> <li>Can I get ½ gallons of milk?</li> <li>Can I purchase two, 8 oz. packages of cheese?</li> <li>Sliced Swiss cheese comes in 10oz package, can I purchase it? Why or why not?</li> <li>What size of eggs are WIC approved, (small, medium, large, jumbo)?</li> </ul>	
Tuna & Salmon	<ul style="list-style-type: none"> <li>Can an exclusively breastfeeding mom purchase tuna or pink salmon on their WIC checks?</li> </ul>	
Baby Foods	<ul style="list-style-type: none"> <li>Can I purchase any brand of baby food?</li> <li>If my WIC check lists 16- 4 oz. jars of baby fruit/veg, how many 2 packs can I purchase?</li> <li>Who can receive meat purees?</li> <li>Can I purchase baby foods in squeeze pouches?</li> </ul>	
Fruits & Vegetables	<ul style="list-style-type: none"> <li>Can I purchase fruit &amp; vegetables from the salad bar?</li> <li>Explain how a client might handle the situation if they go over the amount on a fruit and vegetable check</li> <li>Can a pumpkin be purchased with a fruit &amp; vegetable check?</li> </ul>	

Review your answers with your local agency vendor manager or training coordinator.