

Final Assessment

This is a final quiz to test your understanding of the Nebraska WIC Program and your role within it. Answers to all of the questions will be found from information provided in the videos, from the activities found in this training tool, or from the Nebraska WIC Food List & Shopping Guide.

1. The Nebraska WIC Program provides... (circle **all** that apply):
 - a. Foods for low-income pregnant and/or post-partum women, infants, and children.
 - b. A cash value benefit for all supplemental foods.
 - c. Nutrition assessment and education.
 - d. Breastfeeding promotion, support, and counseling.
 - e. Paper checks for redeeming benefits.

2. WIC Shoppers... (circle the **only** correct response):
 - a. Must buy all of their WIC foods in a single purchase or they lose their benefits.
 - b. Cannot go over their cash value benefit for produce. They must buy less than or the exact dollar amount.
 - c. May use as much or as little of their benefits as they like in as many shopping trips as they like until they spend all of their benefits.
 - d. Can be charged a fee when asking for a balance inquiry.

3. Below are a list of food descriptions. Circle the ones that meet Nebraska WIC criteria for approved foods.
 - a. Cereal box sizes less than 12 oz.
 - b. Half-gallons of select soy milk.
 - c. Garlic.
 - d. Baby foods with added cereal.
 - e. One dozen medium white eggs.
 - f. Canned pink salmon.
 - g. 8 oz. blocks of cheese.
 - h. Bagged lettuce mixes (only greens).

4. **T** or **F** WIC shoppers can get any WIC-approved milk that they like.

5. **T** or **F** If a customer brings up a food item that will not scan as WIC-approved, you can override your register system and sell them the food.

6. **T** or **F** WIC Shoppers use an eWIC card to redeem their WIC Benefits.

7. **T or F** The Nebraska WIC Approved Product List, which is downloaded to your POS system, checks which foods are approved and which are not. Because of this, it is not important know the WIC-approved foods.
8. **T or F** WIC shoppers do not need to show their I.D. to use their card.
9. **T or F** The food benefits for all members of the same family are on the same eWIC card.
10. **T or F** WIC shoppers may purchase non-WIC foods with their WIC foods in the same transaction.
11. A customer is attempting to purchase three 12 oz. boxes of a WIC-approved cereal. They currently have cereal food benefits for 30 oz. How many boxes of the 12 oz. cereal can they buy? Explain.

12. WIC shoppers may purchase certain two packs of baby foods. How many units of baby food benefits is one two pack worth? Also, if a customer has baby food benefits of 10 units, then how many approved 2 packs could they purchase?

13. What can you do if a customer is having difficulty understanding why a food is not approved for purchase with their WIC benefits? Circle the **one incorrect** response.
 - a. Help them compare the food with their available benefits.
 - b. Help them compare the food with the Nebraska Food List & Shopping Guide.
 - c. Tell them to come back when they know what they can and cannot purchase.
 - d. Ask a manger for help if you are not sure.
 - e. If you've exhausted all other options, refer them to their clinic for further assistance.