

Authorized Foods Scavenger Hunt

How well do you know WIC-approved foods? Answer the questions below and locate the information in the WIC Foods Guide and/or 2022-2023 Insert. Review your answers, including page numbers, with your store's WIC trainer.

Which WIC food subcategories are "any brand" allowed versus "specific brands"?

Provide 2 examples of Gluten Free (GF) WIC-approved cereals.

What are the 2 package sizes allowed for Oatmeal under the Whole Grain subcategory?

If a family food benefits list has 1 Peanut Butter/Beans/Peas- How many cans of beans equal 1 jar of peanut butter?

What's the fluid ounce size of child's shelf stable juice versus women's shelf stable juice?

Is guacamole a WIC approved food?

Answer Key:

Which WIC food subcategories are "any brand" allowed versus "specific brands"?

Any Brand Allowed: Fruits and Vegetables- Fresh, Frozen and Canned (pg. 4-5), Brown Rice (pg. 10), Eggs (pg. 12), Cow's Milk (pg. 13), Canned Beans and Dried Beans (pg. 21), Canned Fish (pg. 37)

Provide 2 examples of Gluten Free (GF) WIC-approved cereals.

Any of the following: Cream of Rice (hot cereal pg. 22), Cheerios (Multi-Grain, Multi-Grain Strawberry, or Original), Chex (Blueberry, Cinnamon, Corn, Rice) pg. 24

What are the 2 package sizes allowed for Oatmeal under the Whole Grain subcategory?

16 ounce and 32 ounces (pg. 11)

If a family food benefits list has 1 Peanut Butter/Beans/Peas- How many cans of beans equal 1 jar of peanut butter?

Four Cans (pg. 20)

What's the fluid ounce size of child's shelf stable juice versus women's shelf stable juice?

Child's Juice- 64-ounce Shelf Stable (pg. 28-29)

Women's Juice- 48 oz Shelf Stable (pg. 31-32)

Is guacamole a WIC approved food?

No (pg. 5)