

COLORADO WIC NEW WIC FOODS “Am I Ready?” Quiz

Below is the same quiz being taken by thousands of cashiers in Colorado WIC-authorized stores.

Are we as *ready* as the cashiers? Let’s take the quiz to find out!

Instructions:

Use the *2009 Colorado WIC Allowable Foods List* to complete the following questions.

New Colorado WIC Foods

Mark Y (for Yes) or N (for No) in the second column to show if the items listed on the right are WIC-approved according to the WIC check and the *2009 Foods List*.

WIC Check Shows:	WIC-Allowed? Yes or No	Item
12 Ounces Breakfast Cereal	1.	-One Kellogg’s Rice Krispies box (11-oz)
16 Ounces Whole Grains	2.	-One Uncle Ben’s brown rice box (12-oz)
32 Ounces Whole Grains	3. 4.	-One Oroweat “100% Whole Wheat Buns” (24-oz) and -One store brand corn tortillas (8-oz)
2 Cans 12-Oz Fz or 46-oz Juice	5. 6.	-One store brand frozen OJ (12-oz) can) and -One V8 (46-oz) metal can
2 Containers 64-oz Juice	7. 8.	-One store brand frozen OJ (12-oz) can and -One V8 (64-oz) shelf-stable plastic bottle
2 Containers 64-oz Juice	9. 10.	-One V8 shelf-stable (64-oz) plastic bottle and -One store brand OJ (64-oz) refrigerated paper carton
2 Containers 64-oz Juice	11.	-Two grape juice (64-oz) in a refrigerated paper carton
1 Gallon Milk (Whole Milk Only)	12.	-Two soy beverage (quarts)
1 Quart(S) Soy Beverage	13.	-One Pacific Natural Foods Ultra Soy – vanilla (quart)
1 Pound Tofu	14.	-One Denver Tofu -regular (firm)
1 Jar Peanut Butter 18-oz	15.	-One jar low salt and low sugar peanut butter, extra-crunchy
4 Cans(S) Beans 16-oz	16. 17. 18. 19.	-One can of black beans with cilantro, -One can of pork and beans, -One can of refried beans and -One can of kidney beans
15 Jars Baby Food Fruit/Veg 4-oz	20. 21. 22.	-Two Beech-Nut applesauce 4-pack (3.5-oz) glass -Three Gerber squash 2 nd Foods 2-pack (3.5-oz) plastic -One Nature’s Goodness prunes with pears (4-oz) glass
30 Ounces Canned Fish	23. 24.	-Two cans 5-oz Starkist tuna and -One can 17.5-oz store brand pink salmon in oil & hot sauce

Knowing the Allowable Foods

Circle the **BEST** answer:

25. To determine if a food item is WIC-allowed for a WIC customer:

- Review the WIC check, the *Foods List* and the food item in question. With the customer, determine if the item is: a) listed on the WIC check and b) allowed in the *Food List*.
- Rely on your store's cash register system to tell you if items are WIC-allowed.
- Ask the WIC customer.

26. Why isn't the Colorado Foods List easier?

- WIC foods need to be available throughout Colorado for WIC customers
- All items on the grocery shelf are equally nutritious so WIC customers are able to pick any food item they wish.
- The WIC foods in the *Foods List* need to be nutritious items that meet strict state and federal rules.
- A and C are true.



Fruits and Vegetables

Mark Y (for Yes) or N (for No) in response to the following questions.

- ____ A WIC customer has two checks for fruits and vegetables. Can her WIC checks for fruits and vegetables be combined?
- ____ Can the WIC participant pay the extra amount if her fruit and vegetable items add up to more than the dollar amount shown on her fruit and vegetable check?
- ____ Can the WIC participant get cash back if her fruit and vegetable items add up to less than the dollar amount shown on her fruit and vegetable check?

Mark Y or N to show if the items listed on the right are WIC-approved for the WIC customers according to the 2009 *Foods List* if the WIC check shows: \$6 Dollars Fruits and/or Vegetables.

WIC-Allowed? Yes or No	Item
30.	Customer #1—Bag of Spinach (\$5.99 per bag)
31.	Customer #2--Frozen stir fry mix (with chicken,& noodles) (\$6.99 per bag)
32.	Customer #3--Salad Kit with croutons & cheese (\$4.99 per bag)
33.	Customer #4--A pound of cilantro (\$5.99 per pound)
34.	Customer #5--
35.	-Bag of frozen peas (\$1.20 per bag), and
36.	-A carton of organic blueberries (\$3.50 per carton), and
37.	-A pound of bananas (\$1.10 per pound)
37.	Customer #6—2 Bags of Frozen French Fries (\$2.99 per bag)

Divide the number of correct answers by 37 to determine the percentage of accuracy.

of Correct Answers: ____ /Total Questions: 37 = ____% Correct
(Scores for cashiers should be over 70%. What about WIC staff?)