

WIC Food Approved List Review (FFY 2014)

- 1) WIC Participants can purchase the following flavors of the Soymilk.
 - a. Vanilla or Original for both Silk or 8th Continent
 - b. Original for both Silk or 8th Continent
 - c. Vanilla for 8th Continent only
 - d. Both b and c

- 2) Nature's Own Whole Wheat bread can be purchased in 20 oz packages.
 - a. True
 - b. False

- 3) House Foods Tofu can be purchased in the following size(s).
 - a. 14 oz package
 - b. 16 oz package
 - c. Both a and b
 - d. None of the above

- 4) The following cereals are not allowed.
 - a. Special K
 - b. Gluten-free Rice Krispies
 - c. Banana Nut Crunch
 - d. All of the above

- 5) Tuna/Salmon are allowed in the following can sizes:
 - a. 5 oz and 7.5 oz
 - b. 7.5 oz
 - c. 5 oz, 6 oz and 14.75 oz
 - d. All of the above

- 6) Canned beans can be purchased in the following package size(s):
 - a. 12 oz
 - b. 14-16 oz
 - c. 15-16 oz
 - d. None of the above

- 7) Store brand 46 oz ready to serve juices are allowed:
 - a. True
 - b. False