

This short assessment is meant to ensure that DC WIC vendors are prepared for the changes to the Approved Foods List taking effect on October 1st, 2021. Every staff member responsible for transacting WIC checks or ensuring compliance with WIC policies and procedures is required to participate in training by September 30th, 2021, and to perform this knowledge assessment by October 8th, 2021.

A passing score is 12 out of 15 (80%) or higher.

* 1. Please provide information about yourself:

Name:

Position:

Store Name:

WIC/Store ID#:

* 2. Please select the cheese option that is NOT allowed for WIC customers:

- Store brand organic cheese
- Varieties including swiss, cheddar, American
- Items imported and/or smoked or flavored
- Individually wrapped sliced or string cheese of any approved variety

* 3. Select the correct option listing food categories that are available in organic store brands:

- Milk, yogurt, cheese, eggs, peanut butter
- Cereal, bread, rice, & oats
- Juice
- Canned Fish

* 4. Participants have additional approved-brand and/or package size options in which categories:

- Cereal
- Juice
- Whole Grains (bread, tortillas, pasta)
- All of the above

* 5. Peanut butter can now be purchased in which of the following types:

- National organic brands (like Crazy Richard's or Peter Pan)
- Organic store brands (like Harris Teeter's Simple Truth or Safeway's O Organics)
- With mix-ins like marshmallow or jelly
- Peanut "spreads"

* 6. Infant food fruits and vegetables may now be purchased in which of the following types:

- Organic or natural
- Combinations of fruits **and** vegetables
- Pouches and multipacks
- All of the above

* 7. Select the correct option listing food categories that are available in any organic brand:

- Juice
- Milk, yogurt, cheese, eggs, peanut butter
- Brown rice, barley, canned/dry beans, infant foods (fruits, vegetables, cereals, meats)
- Cereal, bread, tortillas, oats

* 8. Eggs may now be purchased in which of the following types:

- Any size, brown or white
- Cage-free &/or free-range
- Pasture raised
- Answers a & b

* 9. Please select the yogurt option that is NOT approved for WIC costumers:

- Greek yogurt
- Whole milk yogurt
- Soymilk yogurt
- Yogurt in 2-oz, 4-oz, and 16-oz containers

* 10. All items in the DC WIC Vendor Folder & Food List are still allowed:

- True
- False

* 11. Infant foods including fruits, vegetables, meats, and cereals can now be purchased in any organic or natural brand:

- True
- False

* 12. A WIC Customer can purchase goat's milk with a check for cow's milk:

- True
- False

* 13. The participant can purchase any percent fat type of milk or yogurt:

- True
- False

* 14. Cheese is now allowed in individually wrapped slices and string cheese:

- True
- False

* 15. Yogurt with mix-ins like granola, honey, sprinkles, candy, or nuts are now allowed:

- True
- False

* 16. Canned beans and vegetables may now be purchased in full sodium:

- True
- False