

Oh Baby

WIC Infant Food Choices



“Knowledge Check”

Directions: Answer the following multiple choice and True/False questions.

1. WIC will offer baby foods at what age?
 - a. 4 months
 - b. 6 months
 - c. 9 months
 - d. 12 months

2. Baby foods offered through WIC will be in which of the following sizes?
 - a. 2.5 oz fruits/veggies; 2.5 oz meats
 - b. 4 oz fruits/veggies; 2.5 oz meats
 - c. 4 oz fruits/veggies; 4 oz meats
 - d. 2.5 oz fruits/veggies; 2.5 oz meats

3. True or False Baby meats may have broth or gravy added.

4. True or False Beef vegetable dinner is a WIC approved item.

5. True or False 4 oz jars of Apples-Bananas are NOT approved as a WIC item.

6. WIC approved infant cereals include:
 - a. Rice
 - b. Oatmeal
 - c. Barley
 - d. Mixed Grain
 - e. All of the above

Food for Thought Activity-“Baby Talk”

Share with the group what WIC participants tell you about purchasing baby foods now.

What challenges will participants face when using the WIC Coupons? How can we prepare them?