

Going for the Grain

WIC Whole Grain Choices



“WIC or Not WIC?”

Directions: Answer the following multiple choice or true/false questions with the (one) correct answer.

1. Which are the WIC Whole Grain Choices?
 - a. Brown Rice
 - b. Soft Corn Tortillas
 - c. Whole Grain Cereals
 - d. 100% Whole Wheat Bread
 - e. All of the above

2. True or False All brown breads are 100% whole grain.

3. True or False Oatmeal provided as a whole grain option is sold in a container and has no nutrition requirements beyond being 100% oats.

4. What must be on the package label to be considered a WIC whole grain bread?
 - a. First ingredient listed must be wheat flour
 - b. Has a red star with stripes on label
 - c. States “100 % whole wheat” on label
 - d. Each slice has 2 or more grams of fiber

5. True or False Brown rice may be purchased in regular or instant forms.

6. At least half of WIC Cereals must now be whole grain choices. What 2 nutritional requirements must be met for all cereals?
 - a. Folate and Fiber
 - b. Calcium and Iron
 - c. Sugar and Calories per serving
 - d. Sugar and Iron

7. True or False Soft and hard corn tortillas will now be a WIC approved foods.

“FNB: Maximizing Your Cereal Purchase”

Directions: Review the WIC cereals listed by name and weight below.

WIC coupons state: “Not to exceed: 36 ounces cereal”

How many different combinations of cereals could you purchase?

Rice Chex 12.8 oz	Crunchy Corn Bran 12 oz	Kix 12 oz	Life 15 oz.	Frosted Mini Wheats 24 oz
Quaker Oatmeal Squares 24 oz	Multigrain Cheerios 9 oz	Bite size Mini Wheats-Unfrosted 18 oz	Corn Chex 14 oz	Malt-o-Meal Mini Spooners 36 oz
Rice Chex 12.8 oz	Dora the Explorer 10.9	Whole Grain Total 16 oz	Cheerios 18 oz	Cornflakes 24 oz
Grape Nuts 16 oz	Store Brand Bran Flakes 17.3 oz	Store Brand Toasted Oats 15 oz	Kaboom 9 oz	Grape Nut Flakes 18 oz

Sizes (oz)

Cereal Choices

Option A: _____

Option B: _____

Option C: _____

Option D: _____

Option E: _____

Food for Thought Activity: “What to do with WIC Whole Grains”

Directions: How many different ways can you use WIC whole grain foods? List as many ideas as you can.

Share your favorites with the group

100% Whole Wheat Bread	Brown Rice	Soft Corn Tortillas	Oatmeal