



Shopping Guide Search

Grab your guide, flip for the answers, and jot down the answer & page where you found it. Time yourself and see if coworkers can beat your score. Just keep it friendly—no wagers! Ready... go!



01 Besides canned or dried beans, what is the other option you can buy for the same WIC benefit?

page

answer

02 If a family has an infant over 6 months old, what can they trade their jarred baby food fruits and vegetables for?

page

answer

03 What is the transaction limit for WIC items?

page

answer

04 What kind of cheese is not WIC-approved? Give one example.

page

answer

05 According to the "Whole Grains" section, what are two examples of an approved whole grain option?

page

answer

06 What is a WIC-approved alternative to peanut butter if you have a nut allergy?

page

answer

07 What kind of milk are women and children ages 2-5 years old approved to get?

page

answer

08 How many ounces is the minimum size for an approved cold cereal box?

page

answer

09 According to the guide, what are the three ways you can check your WIC card balance?

page

answer

10 How many WIC Program local offices are in Vermont? Which one is closest to your store?

page

answer

Answer key: 01. p11 - Peanut Butter 02. p15 - Cash Value Benefit (CVB) for fresh, frozen or canned fruits and vegetables 03. p17-50 items 04. p2- any option under "Do Not Buy" section 05. p20- Bread, Pasta, Whole Wheat or Corn Tortillas, Brown or Wild Rice, Quinoa, Oatmeal and Corn Meal 06. p13- Nut and Seed Butters 07. p34- Low-fat (1%) and nonfat (skim) milk 08. p10-8.9 ounces 09. p40- WIC Shopper app, Last store receipt, ebtEDGE Cardholder Portal 10. Back Cover- 12