



Vendor Management - Quiz #1
WIC Foods and Standard Infant Formula

Store Name / Store #: _____
Cashier Name: _____

Date: _____
Cashier I.D. #: _____

This quiz will test understanding of approved DC WIC-approved foods and standard formulas. This quiz is to be used for corrective action training of staff at DC WIC authorized vendors. The quiz may be used by authorized vendors as desired to evaluate staff knowledge of DC WIC approved foods. There are a total of 27 questions worth one point for each correct answer. **A passing score is 85% (25 questions) or higher.**

Multiple Choice:

1. What are the 3 standard infant formulas for the DC WIC Program?
 - a. Similac Advanced
 - b. Similac Sensitive
 - c. Similac Soy Isomil
 - d. All of the above

2. Which of the following baby food fruits would **not** be allowed for a WIC customer?
 - a. Just Pears
 - b. Banana, Mango & Sweet Potato
 - c. Apples, Oats & Cinnamon
 - d. Pear & Pineapple

3. Which of the following baby food vegetables would **not** be allowed for a WIC customer?
 - a. Sweet Potatoes
 - b. Peas + Carrots
 - c. Carrots, Strawberries & Chickpeas
 - d. Sweet Potatoes, Mangos & Carrots

4. Which of the following baby food meats would be allowed for a WIC customer?
 - a. Chicken Noodle Dinner
 - b. Turkey in gravy
 - c. Macaroni + Beef & Vegetables
 - d. Apple + Chicken dinner

5. What are the 3 DC WIC-approved types of infant cereal?
 - a. Rice
 - b. Mixed Grain
 - c. Oatmeal
 - d. All of the above

6. Which of the following cereals is **not** DC WIC approved?
 - a. Froot Loops
 - b. Original Cheerios
 - c. Kix
 - d. Cornflakes

7. WIC Customers may choose the following in a 16-oz package for their whole grain choice:
 - a. 100% Whole Wheat bread or pasta (approved brands)
 - b. Brown rice or barley, including organic (any brand)
 - c. Tortillas (approved brands)
 - d. All of the above

8. Which of the following milk products is **not** allowed on WIC?
 - a. Fresh milk in all fat contents
 - b. Sweetened condensed milk
 - c. Evaporated or powdered milk
 - d. Lactose-free milk

9. Identify the incorrect yogurt product for a WIC customer:
 - a. 0% Fat Greek Yogurt
 - b. Strawberry Go-Gurt
 - c. Very Berry Crisp mix-ins
 - d. Plain low-fat regular yogurt

10. The following types of cheese are allowed for a WIC customer:
 - a. Cheddar, American, Swiss, Gouda, Mozzarella, Colby, and blends of these
 - b. Organic store brands
 - c. String Cheese or Individually wrapped slices of a DC WIC-approved cheese variety
 - d. All of the above

11. What types of cheese are **not** allowed?
 - a. Imported
 - b. Smoked or flavored
 - c. Processed Cheese Product
 - d. All of the above

12. Identify the egg product that is not approved for WIC customers:
 - a. Reduced cholesterol eggs
 - b. Large white chicken eggs
 - c. Cage-free jumbo white eggs
 - d. Organic store brand brown eggs

13. Which of the following options are appropriate selection for beans?
 - a. Canned Green beans
 - b. Dried lentils
 - c. Canned kidney beans
 - d. Answers B + C

14. Identify the general juice item that is **not** allowed for WIC customers:
 - a. 100% juice, unsweetened
 - b. With or without added calcium
 - c. Fresh-squeezed
 - d. Cans or bottles

15. Identify the peanut butter that is **not** allowed for WIC customers:
- a. Natural
 - b. With jam or jelly swirls
 - c. Creamy
 - d. Crunchy

True or False

16. Eggs with Omega-3s are approved for DC WIC _____
17. Canned tuna, salmon, mackerel, and sardines are approved canned fish options _____
18. WIC Customers can mix and match fish up to the total ounces listed on their check _____
19. Individually wrapped cheese sticks or slices are allowed on DC WIC _____
20. A WIC customer can purchase any brand of whole wheat pasta and tofu _____
21. Sunny-D is allowed on DC WIC _____
22. Peanut butter may be purchased in 16-oz to 18-oz jars _____
23. Fresh fruits and vegetables may be whole or cut, and loose or in packaging _____
24. Frozen vegetables with cheese sauce are allowed on DC WIC _____
25. Frozen fruits and vegetables must be plain, with no sugar, sauces, or seasonings _____
26. Canned soups are allowed on the WIC program _____
27. It is ok to substitute a different formula product if the store is out of stock, or low on stock, for the product listed on the customer's benefits _____

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