

Card Sort Activity Answer Key

WIC Allowable Food Items

(Some food items are allowable only for specific participant categories, or approved reasons)

Food Item Name

1. Barilla Whole Grain Rotini Pasta 16 oz.	23. Gerber Carrot, Pear, Blackberry 2 Pack 4 oz. (mixed variety of any fruits/vegetables together allowed; NOT combinations with other foods like cereal, meats, etc.)
2. Birds Eye Frozen Organic Mix Veg 10 oz.	24. Gerber Chicken and Gravy 2.5 oz.
3. Blue Ribbon Whole Grain Brown Rice 16 oz.	25. Gerber MultiGrain Cereal 16 oz.
4. Brown Cow Cream Top Yogurt Maple 32 oz.	26. Gerber Oatmeal Cereal, Single Grain 16 oz.
5. Bumble Bee Chunk Light Tuna in Water 3-Pack 9 oz. (cans)	27. Gerber Sweet Potatoes 4 oz.
6. Bumble Bee Pink Salmon 14.75 oz. (can)	28. Giorgio Sliced Mushrooms, Fresh 16 oz.
7. Bush's Canned Black Beans, Reduced Sodium 13.75 oz.	29. Guerrero 100% Whole Wheat Tortillas 16 oz.
8. Campbells Tomato Juice 64 oz.	30. Haggen Dry Lentils 16 oz.
9. Corn Chex Cold Cereal 12 oz.	31. Haggen Extra Large Eggs (House Brand), one dozen
10. Dannon Light & Fit Strawberry Yogurt 32 oz.	32. Haggen Jumbo Eggs (House Brand), one dozen
11. Darigold 2% Reduced Fat Milk (House Brand), one gallon	33. Kellogg's Corn Flakes Cold Cereal 24 oz.
12. Darigold 3.25% Whole Milk (House Brand), one gallon	34. Kraft Extra Sharp Cheddar Cheese (House Brand), 16oz.
13. Del Monte Canned Mixed Veg, No Salt Added, 14.5 oz.	35. Lactaid 1% Lowfat Milk, half gallon
14. Del Monte Canned Diced Peaches in Juice 4 oz.	36. LaLa Yogurt Mango 32 oz.
15. Del Monte Canned Sweet Peas 15.25 oz.	37. Pacific Ultra Soy Original 32 oz.
16. Dole Frozen Mixed Fruit 16 oz.	38. Nature's Own 100% Whole Wheat Brd, Sugar Free 16 oz.
17. Dole Frozen Sliced Strawberries 36 oz.	39. Organics Sweet Apple Slices, Pkg 10 oz.
18. Dole Pineapple Juice Concentrate 12 oz.	40. Potatoes (photo: three whole potatoes)
19. Dole Pineapple Orange Banana Juice Concentrate 12 oz.	41. Quaker Oatmeal Original Hot Cereal 23.7 oz.
20. El Mexicano Monterey Jack Cheese (Not House Brand) 16 oz.	42. Springfield Peanut Butter Extra Crunchy 18 oz.
21. Fresh Figs (photo: sliced fig halves, whole fig behind slices)	43. Yoplait Greek 100 Vanilla Yogurt 32 oz.
22. Garden Life Red Leaf Packaged Lettuce 7 oz.	44.

Not WIC Allowable Food Items

Non-Allowable Food Item Name	Reason not allowable
1. Barilla Enriched Grain Lasagna 16 oz.	Cannot buy pastas that list any other flour besides whole wheat and/or whole durum wheat flour in the ingredients (see Whole Wheat Pasta)
2. Barilla Whole Grain Lasagna 13.25 oz.	Can Buy 16 oz. size only (see Whole Wheat Pasta)
3. Bird's Eye Frozen Creamed Spinach 9 oz.	Cannot Buy vegetables with sauce such as cheese, butter or teriyaki sauce; Cannot Buy vegetables with added sugar, syrup, oil, fat, pasta, rice or any other ingredients (see Frozen Vegetables)
4. Bumble Bee Pink Salmon Pouch 5 oz.	Cannot Buy salmon in pouches (See Pink Salmon)
5. Bumble Bee Red Salmon Can 14.75 oz.	Cannot Buy Red Salmon (see Pink Salmon); Can Buy pink salmon only
6. Bumble Bee Chunk Light Tuna in Vegetable Oil 4 oz.	Cannot Buy oil-packed Tuna (See Canned Fish)
7. Cara Mia Artichoke Hearts, Jar 14.75 oz.	Contains added canola oil, salt (see Canned Vegetables)
8. Crystal Farms Mozzarella Cheese, Shredded 8 oz.	Can Buy 16 oz. only; Cannot Buy diced, grated, shredded, or sliced (see Cheese)
9. Darigold Milk 1 % Chocolate (House Brand), one gallon	Cannot Buy chocolate milk (see Milk)
10. Del Monte Chunky Mixed Fruit in Hvy Syrup, Canned 15.25 oz.	Contains high fructose corn syrup, sugar, corn syrup (see Canned Fruits)
11. Dole Sliced Strawberries in sugar, Frozen 16 oz.	Contains added sugar (see Frozen Fruits)
12. Earthbound Farm Organic Chopped Salad Southwest Kit 11 oz.	Cannot Buy kits with dressings or dipping sauce (see Fresh Vegetables)
13. Gerber Macaroni & Cheese with Vegetables 2 Pack, 4 oz. each	Cannot Buy foods with added salt, sugar or starches; Cannot Buy desserts, dinners and food combinations (see Infant Fruits and Vegetables)
14. Gerber Organic Pouches 4 pack, 3.5 oz. each (14 oz. total)	Cannot Buy pouches; Cannot Buy desserts, dinners and food combinations; Can Buy 4 oz. packs only (see Infant Fruits and Vegetables)
15. Gerber Vanilla Custard Pudd. w/Ban. 2 Pk, 4 oz each (8 oz. total)	Cannot Buy foods with added salt, sugar or starches; Cannot Buy desserts, dinners and food combinations (see Infant Fruits and Vegetables)
16. Haggen Dry Great Northern Beans 32 oz.	Can Buy 16 Oz. package only (see Dry Beans/Peas/Lentils)
17. Kellogg's Frosted Flakes Cold Cereal, 18 oz.	Cannot buy any Kellogg's Cereal other than those specifically listed in Food List
18. Peter Pan 100% Natural Peanut Butter Spread 16.3 oz.	Cannot Buy peanut butter spread (see Peanut Butter)
19. Sara Lee 100% Whole Wheat Bread 20 oz.	Can Buy 16 oz. only (see 100% Whole Wheat Bread)
20. Silk Soymilk Light Vanilla, half gallon	Cannot Buy organic or light soymilk; Cannot Buy Silk Soymilk in other flavors; Can Buy Silk original only (see Milk Alternatives)
21. Springfield Basmati Brown Rice 16 oz.	Cannot Buy Basmati and jasmine rice (see Brown Rice)
22. Stater Bros Strawberry Fun Stripes 18 oz.	Cannot Buy peanut butter with added jams, jellies, chocolate, marshmallows, DHA, omega-3 or honey (see Peanut Butter)
23. Sun Vista Canned Chili Beans 30 oz.	Cannot buy chili beans; only up to 16 oz. (see Canned Beans)
24. Tree Top Apple Cider 64 oz.	Can Buy 100% juice only; no added sugar or sweetener (see 64 oz. Shelf Stable or Refrigerated Juice)
25. Welch's Concord Grape Juice Cocktail 64 oz.	Can Buy 100% juice only; Can Buy 64 oz. Welch's purple or white grape juice only (see 64 oz. Shelf Stable or Refrigerated Juice)
26. Welch's Light White Grape Juice Beverage 64 oz.	Can Buy 100% juice only; Can Buy 64 oz. Welch's purple or white grape juice only (see 64 oz. Shelf Stable or Refrigerated Juice)
27. Yoplait Fruiplait Harvest Peach Yog. 4pk, 4 oz. each (1 lb. total)	Can Buy 32 oz. only (see Yogurt)