

“Is the food WIC-eligible?”





Directions

- Determine if the following foods are **allowed** or **not allowed** starting in October.
- Sound your noise maker as soon as your team knows
- Justify your answer using the Food List



Allowed or Not Allowed?



PictSweet Deluxe Steamers “Broccoli Florets, Cauliflower & Carrots”

Ingredients: Broccoli, Cauliflower, Carrots



Allowed

The “Broccoli Florets, Cauliflower, and Carrots”
contain no added fats, sugars, or oils.

Allowed or Not Allowed?



Green Giant Valley Fresh Steamers “Basil Vegetable Medley”

Ingredients: Cauliflower, Carrots, Sugar Snap Peas, Water, Butter, Salt, Corn Starch, Gelatin, Sugar, Fructose, Basil, Spice, Xanthan Gum, Natural Flavor, Annatto Extract Color.



Not Allowed

The Basil Vegetable Medley contains butter and sugar.

Allowed or Not Allowed?



Muir Glen “Organic Tomato Sauce”

Ingredients: Organic tomato puree (water, organic tomato paste), sea salt, organic onion powder, naturally derived citric acid and organic garlic powder.



Allowed

The “Organic Tomato Sauce” contains no added fats, sugars, or oils. Note: **canned** vegetables *are* allowed to contain seasonings and spices.

Allowed or Not Allowed?



Fresh Whole Pumpkin



Allowed

The pumpkin is unpainted and fresh.

Allowed or Not Allowed?



Mt. Olive “Roasted Red Peppers”

Ingredients: Roasted red bell peppers, water, salt, citric acid.



Allowed

The “Roasted Red Peppers” contain no added fat, sugar, or oil.

Allowed or Not Allowed?



Green Giant “Fresh Broccoli Slaw”

Ingredients: Broccoli, carrots, and red cabbage.



Allowed

The “fresh broccoli slaw” does not contain any non-allowable foods.

Allowed or Not Allowed?



Stahlbush Sweet Potatoes

Ingredients: Sweet potatoes



Allowed

The “Sweet Potatoes” contain no added fat, sugar, oil, or seasonings.

Allowed or Not Allowed?



Alexia frozen “Sweet Potato Julienne Fries”

Ingredients: Sweet potatoes, canola oil and/or sunflower oil and/or safflower oil, rice flour, tapioca starch, natural cane sugar, corn starch, tapioca dextrin, sea salt, chili pepper powder, salad mustard (distilled vinegar, mustard seed, salt, turmeric, paprika), xanthan gum, citric acid.



Not Allowed

The Sweet Potato Julienne Fries contain oil, sugar, and seasonings.

Allowed or Not Allowed?



Spice World “Minced Garlic”

Ingredients: Garlic, water, phosphoric acid.



Allowed

The “Minced Garlic” contains no added fat, sugar, or oil.

Allowed or Not Allowed?



Del Monte “Pear Halves in 100% Juice”

Ingredients: Pears, water, pear juice concentrate.



Allowed

The “Pear Halves in 100% Juice” are packed in nothing but juice and water, and contain no added fat, sugar, or oil.

Allowed or Not Allowed?



Del Monte “No Sugar Added Mandarin Oranges”

Ingredients: Mandarin oranges, water, sorbitol, citric acid, artificial sweeteners (acesulfame potassium, sucralose), cellulose gum.



Not Allowed

The “No Sugar Added Mandarin Oranges”
contain artificial sweeteners.

Allowed or Not Allowed?



Brunswick, 3.75 oz, “Sardines in Mustard Sauce”

Ingredients: Sardines, water, mustard, acetic acid, modified corn starch, salt, turmeric, spices, xanthan gum, natural flavor and color.



Allowed

The “Sardines in Mustard Sauce” are in a 3.75 oz can. Flavored and seasoned are allowable.

Allowed or Not Allowed?



Dole frozen “Wildly Nutritious Mixed Berries with Pomegranate”

Ingredients: Strawberries, Blackberries, Blueberries, Red Raspberries, Pomegranate.



Allowed

The “Wildly Nutritious Mixed Berries with Pomegranate” contain no added fats, sugars, or oils.

Allowed or Not Allowed?



Green Giant Fresh Artichokes

Ingredients: Fresh artichokes.



Allowed

The fresh artichokes don't contain any non-allowable foods.

Allowed or Not Allowed?



Fresh thyme

Ingredients: Fresh thyme.



Not Allowed

Fresh thyme is an herb. Fresh herbs are not allowed on the WIC program.

Allowed or Not Allowed?



Mezzetta “Super Colossal Spanish Queen Olives”

Ingredients: Olives, water, minced pimento, salt, lactic acid, sodium alginate, guar gum, calcium chloride, potassium sorbate.



Not Allowed

Canned olives are not allowed on the program.

Allowed or Not Allowed?



Santa Cruz “Organic Apple Sauce”

Ingredients: Organic apples, ascorbic acid (vitamin C).



Allowed

The “organic apple sauce” contains no added fats, sugar, or oil.

Allowed or Not Allowed?



Peterson Farms fresh “Red Apple Slices and Seedless Grapes”

Ingredients: Apples, Grapes, Calcium Ascorbate.



Allowed

The fresh “red apple slices and seedless grapes” and don’t contain any non-allowable foods.

Allowed or Not Allowed?



Lucky Leaf “Lemon Pie Filling”

Ingredients: Water, High Fructose Corn Syrup, Food Starch-Modified (Corn), Concentrate Lemon Juice, Sodium Citrate, Salt, Citric Acid, Carrageenan, Locust Bean Gum, Titanium Dioxide And Natural Flavor, Yellow 5 Color.



Not Allowed

Pie filling is not allowed on the program.

Allowed or Not Allowed?



Fresh Nopalitos (Cactus)



Allowed

The fresh nopalitos don't contain any non-allowable foods.



Finished!

Good Job!