



Exploring the New WIC Foods



Activity #1: Warm-Up

Directions:

Introduce yourself to your table mates.

After introductions, reveal something about yourself that you would like to share that not many people know about.

Take about 5 minutes.

Activity #2: The Juice about Juice

Directions:

Find the New Foods Cheat Sheets in your binder. (Clue: It's located right after the morning handouts).

We will be looking at **Juice-Frozen Concentrate** (pg I) and **Juice-Shelf-Stable** (pg II). Take a few minutes to notice what juice items participants **can** and **cannot buy**. We will then have an activity which will allow you to use your learner centered techniques. You will have 2 minutes to review the Cheat Sheets.

Using **Handout #1, The Juice about Juice**, located in your binder, write down how you would respond to a WIC participant if they asked the following questions:

“Why is there no juice on my baby’s checks?”

“Why is there less juice on my child’s checks?”

Turn to your neighbor and discuss your answers. You will have 5 minutes.

Activity #3: Important Information about Each Food Category

Directions:

We will now be looking at the Cheat Sheets for **Milk**, (pg III), **Soy Beverages** (pg IV), **Tofu** (pg V), **Cheese** (pg VI), and **Eggs** (pg VII), located in your binder.

Each table has a tent with a picture of one of these food categories.

Identify a spokesperson and a recorder for your table.

Answer the following question: What are some important facts about what you **can** and **cannot** buy regarding your food item?

You will have 7 minutes. Be prepared to present your findings.

Activity #4: New WIC Foods: Fact or Fiction? Milk, Cheese, Soy Milk, and Tofu

Directions:

Using **Handout #2, New WIC Foods: Fact or Fiction? Milk, Cheese, Soy Milk, and Tofu**, located in your binder, work with a partner or trio and decide if the foods listed are items participants **CAN** or **CANNOT** buy.

Circle the **CAN BUY** foods and mark an X through the **CANNOT BUY** foods.

You will have 5 minutes.

Activity #5: New WIC Foods: Fact or Fiction? Whole Grains

Directions:

Using **Handout #3, New WIC Foods: Fact or Fiction? Whole Grains**, located in your binder, work with a partner or trio and decide if the foods listed are items participants **CAN** or **CANNOT** buy.

Circle the **CAN BUY** foods and mark an X through the **CANNOT BUY** foods.

You will have 7 minutes.

Activity #6: Make Half Your Grains Whole

Directions:

Using **Handout #4, Make Half Your Grains Whole**, located in your binder, write down two questions you think WIC participants are likely to ask about the whole grains and breakfast cereals they can choose.

With a partner or trio, ask one of the questions you wrote down and have your partner or trio member respond. After they have responded, ask the following question:

“How will this work for you?”

Continue until each pair or trio has asked and answered their questions.

(Clue: Remember open questions, affirmation, and other learner centered techniques).

You will have 8 minutes.

Activity #7: Word Search

Directions:

Using **Handout #5, Word Search the New WIC Foods** located in your “Top Secret” envelope, individually find the words within the word search puzzle listed on the bottom of the handout.

Note: The words can go in any direction.

Once you are done please stand up.

You will have 5 minutes.

**Activity #8: New WIC Foods: Fact or Fiction?
Peas, Beans, Lentils and Canned Fish**

Directions:

Using **Handout #6, New WIC Foods: Fact or Fiction? Peas, Beans, Lentils, and Canned Fish**, located in your binder, work with a partner or trio and decide if the foods listed are items participants **CAN** or **CANNOT** buy.

Circle the **CAN BUY** foods and mark an X through the **CANNOT BUY** foods.

You will have 5 minutes.

Activity #9: The Latest on Peanut Butter, Peas, Beans, and Lentils

Directions:

Using **Handout #7, The Latest on Peanut Butter, and Peas, Beans, and Lentils**, located in your binder, answer the following question a participant may have about peanut butter, and peas, beans, and lentils:

“Why can’t I buy canned beans?”

(Clue: Don’t forget to use your learner centered responses).

Turn to your neighbor and discuss your response.

You will have 5 minutes.

**Activity #10: New WIC Foods: Fact or Fiction?
Fruits and Vegetables**

Directions:

Using **Handout #8, New WIC Foods: Fact or Fiction? Fruits and Vegetables**, located in your binder, work with a partner and decide if the foods listed are items participants **CAN** or **CANNOT** buy.

Circle the **CAN BUY** foods and mark an X through the **CANNOT BUY** foods.

(Clue: You can look and your Fruits and Vegetables Cheat Sheet).

You will have 5 minutes.

Activity #11: New WIC Foods: Fact or Fiction? Baby Foods and Infant Cereals

Directions:

Using **Handout #9, New WIC Foods: Fact or Fiction? Baby Foods and Infant Cereals**, located in your binder, work with a partner and decide if the foods listed are items participants **CAN** or **CANNOT** buy.

Circle the **CAN BUY** foods and mark an X through the **CANNOT BUY** foods.

You will have 5 minutes.

Activity #12: Exploration Gallery

Directions:

At your table, choose any or all of the categories of the WIC foods we learned about today.

Pick a few important facts about the **CAN BUY** or **CANNOT BUY** for these foods.

As a group, using the flip chart paper and markers, draw a picture of these facts.

We will ask you to explain your art and display it.