



Posttest

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1. Where does food package assignment fit in the certification process?
2. Which WIC staff members can assign a food package?
3. Define a standard food package.
4. List the type of modules that make up food packages.
5. What type of food package does a participant receive when they are enrolled after the 20th of the month?
6. What determines the amount of food that a breastfeeding woman will receive?
7. Describe the difference between mostly breastfeeding and some breastfeeding.
8. Where will a participant find information about the options of flavors or brands of food that they can choose from?
9. True or False. The best food package to assign to a participant is one that will meet the participant's needs based on their category, risk, personal preferences and cultural context.
10. List the steps in the process for assigning a food package.

11. When could a pregnant woman receive the same amount of food as a fully breastfeeding woman?
12. At what age can WIC begin providing supplemental formula to a breastfed infant?
13. In what situation could a fully breastfeeding woman receive 1.5 times the regular fully breastfeeding food package?
14. What are the two categories that are ineligible for milk, food or formula modules?
15. Which form of formula is included in the standard packages for non-breastfeeding infants?
16. Describe a scenario where ready-to-feed formula may be assigned.
17. At what age can WIC begin providing baby foods for infants and regular foods for children?
18. What are two suggestions a certifier might make to a participant who does not want to purchase a particular food or won't use as much of a food as WIC provides?
19. When assigning a WIC food package, is it more important to take into consideration the needs of the participant or the needs of the participant's family?

20. In what situation might evaporated or dry milk be a useful option?
21. How could a food package be adjusted for families with multiple members on WIC?
22. What food package can be provided to a participant who is living and eating meals in an institution?
23. Which of the following are alternatives for women or children on WIC who have a cow's milk allergy or intolerance?
 - a. Goat's milk
 - b. Acidophilus milk
 - c. Chocolate milk
 - d. Rice milk
 - e. Soy beverage
 - f. Lactose free milk
 - g. Soy formula
24. True or False. WIC foods are vegetarian but not vegan.
25. Who should a participant be referred to when health conditions require special food package considerations and counseling?
26. Fill in the blank: A _____ is a medical diagnosis made by a health care provider that requires use of a medical food or formula to maintain good health or improve health outcomes for a participant.
27. In TWIST, what identifier is used so that women and children can be assigned medical foods or formulas?

28. True or False. Health care providers do not need to approve the issuance of foods along with a medical formula.
29. List the three qualifying conditions that allow a child to receive soy beverage from WIC.
30. Identify one situation where WIC would not provide a medical food or formula.
31. Circle any of the following that require medical documentation.
 - a. Standard food packages
 - b. Medical formulas
 - c. Soy beverages for women
 - d. Medical foods
 - e. Bid infant formulas
 - f. Regular foods provided with medical formulas
 - g. Whole milk for one year old children
 - h. Soy beverages for children
 - i. Non-bid infant formulas
 - j. Whole milk for women
32. Who can provide the medical documentation needed for WIC?
33. What form is used to collect all of the information needed to provide medical foods or formula for WIC participants?
34. What is the maximum length of time that medical documentation can be written for?

35. How many months of vouchers for medical foods or formula can be provide without medical documentation?

36. What happens when a medical documentation form is received at the WIC Office?

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