

# How to Find WIC-Friendly Recipes Online

This recipe search guide will help you save time searching. It will do this by helping you identify exactly what sort of recipe you are looking for. Then, you can use recipe website search tools to narrow in on a great match. Below are all the steps of the process.

**Step 1:** Be sure to have your state's WIC Food List handy. Finding a recipe with many WIC-approved foods will help you save money.

**Step 2:** Using your state's WIC Food List, identify a few WIC ingredients you would definitely like to use in a recipe. You can also include non-WIC foods in this list.

Ingredients I would like to use:

**Step 3:** Choose the Meal Type of the recipe you are searching for. Is it a main dish? A side dish? A snack? Or something else? Many recipe websites filter recipes by Meal Type. So, knowing this can help you skip over any recipes that do not fit this Meal Type. Writing this down ahead of time will help.

Meal type I am looking for:

**Step 4:** Identify your preferred Cooking Method. Do you prefer slow cooker/crockpot meals? Stove top? Oven? Microwave? Grill? How about No Cook? Choose what you prefer and write it down below.

Cooking methods I prefer:

**Step 5:** How much Total Time will you have to prepare the recipe? The total time will be the Prep Time plus the Cook Time. Knowing this information will help you skip any recipes that take too long to prepare.

Time I have to prepare the recipe:

**Step 6:** Decide which recipe website you will use to search. Choose one or two to start.

Websites I will search:

**Step 7:** Finally, decide how you will search on these websites. Will you start by searching by Meal Type? By Cooking Method? By ingredients? Or, will you scroll through the website's library of featured recipes? Having a plan will help you find a great recipe.

I will search by: