



ISU Distribution Center Order Form
Updated 7-25-24




Please make sure you are using the most current version of this form

Please complete all fields of this form and email to:
Dena Dittmer - dena.dittmer@hhs.iowa.gov

Today's Date			
First & Last Name			
Agency		Phone	
Mailing Address			
City	State	Zip	
Email			
Comments:			

Please allow 5-7 days for delivery, may be longer if date falls on a holiday. UPS ships all orders. You must include a street address as they will not deliver to a P.O. Box.

The unit listed in the Product Description field are shrink wrapped in that amount, please make sure you are checking that when you are placing your order. Thank you!

Image of Brochure	Product Description	Quantity:
	<p>Iowa Voter Registration form English, Unit=100 Required form for clients to complete if they want to register to vote.</p>	
	<p>Health History Card for women & children (2 sided) English, Unit = 100 Used to record and share pertinent medical data with medical providers</p>	
	<p>How to Use the WIC Shopper App English, Unit =100 Explains how to install and use the shopper app to look up available WIC benefits for the current month and to see WIC approved foods.</p>	

CONFIGURAR LA TARJETA
CONFIGURACIÓN DE MENÚ
CÓMO USAR LA APLICACIÓN WIC SHOPPER

How to Use the WIC Shopper App
Spanish, Unit=50
 Explains how to install and use the shopper app to look up available WIC benefits for the current month and to see WIC approved foods.

USING YOUR EWIC CARD
USING YOUR EWIC CARD
USING YOUR IOWA EWIC CARD

Using Your Iowa eWIC Card
English, Unit=100
 Gives information on how to use the eWIC card and check balances before shopping. Also gives the customer service number to set up or change the card PIN number.

USANDO SU TARJETA EWIC
USANDO SU TARJETA EWIC
UTILIZANDO SU TARJETA EWIC DE IOWA

Using Your Iowa eWIC Card
Spanish, Unit=50
 Gives information on how to use the eWIC card and check balances before shopping. Also gives the customer service number to set up or change the card PIN number.

WIC NEEDS YOUR HELP
WIC NEEDS YOUR HELP
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WIC Needs Your Help
English/Spanish, Unit=100
 Tells clients how to submit UPCs if they think the product should be WIC eligible.

ALL CAREGIVERS ARE WELCOME.
WE'RE HERE FOR YOU.
FIND WIC NEAR YOU.

Nutrition Support & Power of Family *July 2024
version with Current Income Guidelines
English, Unit=100
 Includes Current income guidelines

TOBOS LOS PROVEEDORES DE CUIDADO SON BIENVENIDOS.
ESTAMOS AQUÍ PARA USTED.
ENCUENTRE A WIC CERCA DE USTED.

Nutrition Support & Power of Family *July 2024
version with Current Income Guidelines
Spanish, Unit=50
 Includes Current income guidelines

DO YOUR NUTRITION EDUCATION ONLINE:
WIC.ORG

WHAT HAPPENS IF I DON'T GET MY NUTRITION?
 1. You may lose your WIC benefits.
 2. You may not be able to get the food you need for your family.
 3. You may not be able to get the vitamins and minerals you need for your family.
 4. You may not be able to get the education you need for your family.

LESSON CATEGORIES
 1. Healthy Eating
 2. Food Safety
 3. Food Security
 4. Food Access
 5. Food Quality
 6. Food Safety
 7. Food Security
 8. Food Access
 9. Food Quality

FOR MORE INFORMATION
 Call 1-800-455-3889 or visit us online at www.wic.gov

Do Your Nutrition Education Online
English/Spanish, Unit=100
 Tells how to access website & what lesson topics are available for participants to do on the nutrition ed website.

PARENTS PROVIDE, KIDS DECIDE

PARENTS PROVIDE: WHAT TO EAT
 Parents and children have their own jobs to do when it comes to feeding. Parents decide what, when and where to eat. Children decide how much to eat or whether to eat at all.

PARENTS PROVIDE: WHERE TO EAT
 Decide where to eat meals and snacks. Choose a quiet, safe place for eating and eating together.

CHILDREN DECIDE: HOW MUCH TO EAT
 Let your child choose how much to eat. Don't force your child to eat or drink. Let your child know when they are full.

FOR MORE INFORMATION
 Call 1-800-455-3889 or visit us online at www.wic.gov

Parents Provide, Kids Decide
English/Spanish, Unit=100
 Discusses the division of duties between parents and children when it comes to eating.

EPA
 United States Environmental Protection Agency

Fight Lead Poisoning with a Healthy Diet

Lead Poisoning Prevention Tips for Families

Office of Pollution Prevention and Toxics (OPPT) | EPA 743-R-11-004 | October 2011

Fight Lead Poisoning with a Healthy Diet
English, Unit=25
 Tips for families regarding lead and a healthy diet. 10 recipes are included

Beans
 The Bold and Beautiful Book of Bean Recipes

The Bold and Beautiful Bean Book
English, Unit=10
 65-page book discusses how to prepare and cook dried beans in addition to providing numerous simple recipes.

WEANING FROM A BOTTLE

HOW IS MY BREAST MILK SUPPLY?
 Breast milk is your baby's best source of nutrition. It's also your baby's favorite food.

HOW IS A CUP BETTER THAN A BOTTLE?
 There are many reasons why a cup is better than a bottle.

READY TO WEAN? WEANING TIPS
 Start with a small amount of food. Offer a variety of foods. Be patient.

Weaning from a Bottle
English/Spanish, Unit=100
 Gives tips for when is a good time to start weaning your baby from a bottle and transition to a cup.

EATING FOR YOU AND YOUR BABY

BENE PHYSICALLY ACTIVE
 Being physically active is important for your health and your baby's health.

READY?
 Are you ready to eat a healthy diet? Here are some tips to help you get started.

HEALTHY PREGNANCY
 Eating a healthy diet during pregnancy is important for you and your baby.

Eating for you and your baby
English/Spanish, Unit=100
 Gives tips for a healthy pregnancy and what foods and amounts a woman should eat.

EVERY WOMAN NEEDS FOLIC ACID

HOW MUCH FOLIC ACID DO I NEED?

Non-pregnant women need 400 micrograms (mcg) of folic acid every day. Pregnant women need 4-5 mg of folic acid every day. For more information, visit www.wic.gov.

WHAT IS FOLIC ACID?

Folic acid is a vitamin that is often lacking in women's diets.

WHY DO I NEED FOLIC ACID?

Folic acid helps prevent a serious birth defect called neural tube defects. It also helps prevent miscarriage and stillbirth. It is important for women who are planning to get pregnant or who are pregnant to get enough folic acid.

WHAT IF I AM NOT PLANNING ON HAVING A BABY?

Most women do not get enough folic acid from their diet. It is important to get enough folic acid from supplements or fortified foods. Visit www.wic.gov for more information.

FOODS RICH IN FOLIC ACID

- Leafy green vegetables
- Beans
- Orange juice
- Fortified cereals
- Fortified bread
- Fortified pasta
- Fortified rice
- Fortified soy products
- Fortified nutritional yeast
- Fortified yeast

FOR MORE INFORMATION

Visit www.wic.gov for more information. Call 1-800-877-5869 for more information.

Every Woman needs Folic Acid
English/Spanish, Unit=100
 Looks at why all women need folic acid, recommended use, and what foods to choose.

GET THE MOST IRON EVERY DAY

Iron is an important nutrient for your body. It helps your body make hemoglobin, a protein that carries oxygen to your cells. Iron is also important for your immune system. There are two types of iron: heme iron and non-heme iron. Heme iron is found in animal products, and non-heme iron is found in plant products. Non-heme iron is harder to absorb than heme iron. To get the most iron from your diet, you should eat a variety of iron-rich foods. Visit www.wic.gov for more information.

FOODS RICH IN IRON

- Red meat
- Poultry
- Fish
- Eggs
- Fortified cereals
- Fortified bread
- Fortified pasta
- Fortified rice
- Fortified soy products
- Fortified yeast
- Leafy green vegetables
- Beans
- Orange juice
- Fortified cereals
- Fortified bread
- Fortified pasta
- Fortified rice
- Fortified soy products
- Fortified yeast

FOR MORE INFORMATION

Visit www.wic.gov for more information. Call 1-800-877-5869 for more information.

Get the most iron everyday
English/Spanish, Unit=100
 Discusses eating iron rich foods, and the role of vitamin C.

TIPS TO PREVENT CONSTIPATION

Constipation is a common problem for many people. It is caused by a variety of factors, including a diet low in fiber, dehydration, and a lack of physical activity. There are several ways to prevent constipation. Visit www.wic.gov for more information.

HOW TO PREVENT CONSTIPATION

- Drink plenty of water.
- Eat a diet high in fiber.
- Exercise regularly.
- Don't ignore the urge to go to the bathroom.
- Use a stool softener if necessary.

FOR MORE INFORMATION

Visit www.wic.gov for more information. Call 1-800-877-5869 for more information.

Tips to prevent constipation when pregnant
English/Spanish, Unit=100
 Offers tips to prevent constipation by increasing fiber with high fiber snacks.

TIPS TO CONTROL NAUSEA WHEN PREGNANT

Nausea is a common symptom of pregnancy. There are several ways to control nausea. Visit www.wic.gov for more information.

HOW TO CONTROL NAUSEA

- Eat small, frequent meals.
- Drink plenty of water.
- Avoid greasy, spicy, and fatty foods.
- Get plenty of rest.
- Use ginger or lemon juice.

FOR MORE INFORMATION

Visit www.wic.gov for more information. Call 1-800-877-5869 for more information.

Tips to prevent nausea when pregnant
English/Spanish, Unit=100
 Tips to control nausea when pregnant and taking care of your teeth.

TIPS FOR NEW MOMS

Being a new mom is a challenging but rewarding experience. There are several tips to help you manage the challenges of new motherhood. Visit www.wic.gov for more information.

HOW TO BE A HEALTHY NEW MOM

- Get plenty of rest.
- Eat a healthy diet.
- Exercise regularly.
- Take care of your teeth.
- Get your baby's health checked.

FOR MORE INFORMATION

Visit www.wic.gov for more information. Call 1-800-877-5869 for more information.

Tips for New Moms
English/Spanish, Unit=100
 Covers topics of walking, healthy weight, time for yourself, and planning for the next pregnancy.

HOW DOES FORMULA COMPARE TO BREASTMILK?

Breastmilk is the best source of nutrition for your baby. Formula is a good alternative if you are unable to breastfeed. Visit www.wic.gov for more information.

COMPARISON OF BREASTMILK AND FORMULA

Component	Breastmilk	Formula
Protein	High	High
Fat	High	High
Carbohydrate	High	High
Vitamins	High	High
Minerals	High	High
Antibodies	High	None
Enzymes	High	None
Prebiotics	High	None
Probiotics	High	None
Calcium	High	High
Iron	High	High

FOR MORE INFORMATION

Visit www.wic.gov for more information. Call 1-800-877-5869 for more information.

How does formula compare to breastmilk?
English/Spanish, Unit=100
 Components of breastmilk compared to formula.

MOMS HELPING MOMS

MEET YOUR WIC BREASTFEEDING PEER COUNSELOR

WHAT DOES A PEER COUNSELOR DO?

WHO IS YOUR WIC PEER COUNSELOR?

HOW CAN A PEER COUNSELOR HELP YOU?

Moms Helping Moms
English/Spanish, Unit=100
 Used by WIC agencies who have breastfeeding Peer Counselors. It discusses who Peer Counselors are, and how they can help. Has a space to list who the client's peer counselor will be, if they are interested.

FORMULA FEEDING

FEEDING YOUR BABY

SAFE FORMULA PREPARATION

SAFE FORMULA STORAGE

Formula Feeding, The first 6 months
English/Spanish, Unit=100
 Designated for formula fed babies with tips for feeding and typical intake amounts.

CHANGING YOUR BABY TO A DIFFERENT FORMULA

TO MAKE AN 8 OZ. BOTTLE OR 4 OZ. BOTTLE

FOR MORE INFORMATION

Changing Your baby to a different formula
English/Spanish, Unit=100
 Tips on changing formula and the use of a chart based on the size of bottle you make for your baby.

STARTING FOODS

DRINKING FROM A CUP

ENJOY FEEDING YOUR BABY

FOR MORE INFORMATION

Starting Foods, 6-9 months
English/Spanish, Unit=100
 Covers topics of feeding infant cereal, cup use and adding foods and typical intake of breastmilk, formula and foods.

IS YOUR BABY READY FOR TABLE FOODS?

AVOID THESE FOODS THE FIRST YEAR

ENJOY FEEDING YOUR BABY

FOR MORE INFORMATION

Is your baby ready for table foods
English/Spanish, Unit=100
 Gives tips for transition, cup use foods to avoid and typical intake.

CHILDREN'S FEEDING GUIDE

HEALTHY EATING TIPS

FOR MORE INFORMATION

Children's Feeding Guide
English/Spanish, Unit=100
 For ages 1-5 years, showing food group and amount per day. Serving sizes and examples of specific foods in the food group.

HEALTHY SLEEP FOR YOU AND YOUR BABY




When babies are young, watching them sleep and healthy. Making up with...
THERE ARE TWO TYPES OF INFANT SLEEP: "ACTIVE SLEEP" AND "QUIET SLEEP"
SLEEP PATTERNS CHANGE
TIPS FOR SLEEPY PARENTS




Healthy Sleep for you and your baby
English/Spanish, Unit=100
 Looks at types of infant sleep, how often babies wake up at night and tips for sleepy parents.

UNDERSTANDING YOUR BABY'S CUES

Your baby can be...
IF YOU FEEL
I NEED SOMETHING DIFFERENT!
FOR MORE INFORMATION

Understanding your babies' cues
English/Spanish, Unit=100
 Differentiates between needing to be "near you" and needing a break "cues", along with tips for parents.

MAKE HEALTHY CHOICES FOR YOU AND YOUR FAMILY

KEEP YOUR CHILDREN'S...
FOR MORE INFORMATION




Make Healthy Choices for you and your family
English/Spanish, Unit=100
 Designated to give women when they exit the postpartum period. Covers eating a variety of foods, getting folic acid and keeping shots up to date and protect yourself from drugs.