



ISU Distribution Center Order Form
Updated 2-1-24




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@idph.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
ADMINISTRAR TARJETAS
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
TAKING CARE OF YOUR 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
SERVICIO AL CLIENTES DE EWIC

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
WIC NEEDS YOUR HELP

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 2023 version
English, Unit=100
 Includes Current income guidelines

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

Nutrition Support & Power of Family *July 2023 version
Spanish, Unit=50
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DO YOUR NUTRITION EDUCATION ONLINE:
WICHEALTH.ORG



WHAT HAPPENS IF I DON'T GET MY PASTORING?
If you do not have a pastor, you can still receive the program. You can contact your local WIC office for more information.

LESSON CATEGORIES
The program is divided into several categories: Pregnancy and Baby, Toddler, Preschool, School Age, and Adult.

FOR MORE INFORMATION
Contact your local WIC office for more information. You can also visit the website at wichealth.org.

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 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: WHAT TO EAT
Some parents are afraid that their family's eating habits will be passed on to their children. This is not true. Parents provide the food, but children decide how much to eat.

PARENTS PROVIDE: WHERE TO EAT
Parents decide where to eat. This is important because it sets the example for children. Eating in a healthy environment encourages healthy eating habits.

CHILDREN DECIDE: HOW MUCH TO EAT
Children decide how much to eat. This is important because it helps them learn to listen to their bodies and eat when they are hungry.


FOR MORE INFORMATION
Contact your local WIC office for more information. You can also visit the website at wichealth.org.

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-823-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

The American Academy of Pediatrics (AAP) recommends weaning from the bottle by 18 months of age. Weaning from the bottle is an important step in your child's development.

WHEN IS A CUP BETTER THAN A BOTTLE?
There are several reasons why a cup is better than a bottle. It helps your child learn to eat solid foods and drink from a cup.

READY TO WEAN FROM A BOTTLE?
Your child should be able to sit up without support, hold a spoon, and drink from a cup.

READY TO WEAN FROM A BOTTLE?
Your child should be able to sit up without support, hold a spoon, and drink from a cup.

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

BEING PHYSICALLY ACTIVE
Being physically active is important for your health and your baby's health. It helps you maintain a healthy weight and stay energized.

READY TO GET STARTED?
Contact your local WIC office for more information. You can also visit the website at wichealth.org.

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 **FOLIC ACID-RICH FRUITS AND VEGETABLES**

HOW MUCH FOLIC ACID DO I NEED?

Non-pregnant women need 400 micrograms (mcg) of folic acid every day. Pregnant women need 4,000 mcg of folic acid every day. For more information, visit www.wic.gov.

1. Take a prenatal vitamin every day that contains the amount of folic acid you need.
2. Eat a variety of fruits and vegetables every day.
3. Drink plenty of water every day.

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 your body to create red blood cells and carry oxygen to your organs. It also helps your body to create new cells and tissues.

WHAT IF I AM NOT PLANNING ON HAVING A BABY?

Most women do not get enough folic acid in their diet. It's important to get enough folic acid every day, even if you're not pregnant. You can get folic acid from your diet and from a prenatal vitamin.

WHICH FOODS SHOULD I CHOOSE?

Women with folic acid should eat foods that are rich in folic acid. These include:

- Leafy green vegetables (spinach, kale, collard greens)
- Beans (black beans, kidney beans, chickpeas)
- Fortified cereals
- Fortified breads
- Fortified pasta
- Fortified rice
- Fortified soy products
- Fortified nutritional yeast
- Fortified tofu
- Fortified tempeh

HOW DO I FIND FOLIC ACID IN FOOD LABELS?

Look for folic acid in the ingredients list. It will be listed as folic acid or folate. The amount of folic acid in the food will be listed in micrograms (mcg).

FOR MORE INFORMATION

Visit www.wic.gov for more information. You can also call 1-800-877-5869.

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 to create red blood cells and carry oxygen to your organs. It also helps your body to create new cells and tissues.

HOW CAN I GET MORE IRON IN MY DIET?

1. Eat iron-rich foods every day. These include:
 - Red meat (beef, lamb)
 - Poultry (chicken, turkey)
 - Fish (tuna, salmon)
 - Eggs
 - Beans (black beans, kidney beans)
 - Fortified cereals
 - Fortified breads
 - Fortified pasta
 - Fortified rice
 - Fortified soy products
 - Fortified nutritional yeast
 - Fortified tofu
 - Fortified tempeh
2. Pair iron-rich foods with vitamin C. This helps your body to absorb iron better.
3. Avoid iron-rich foods with calcium. This can interfere with iron absorption.

REMEMBER:

Iron is an important nutrient for your body. It helps your body to create red blood cells and carry oxygen to your organs. It also helps your body to create new cells and tissues.

FOR MORE INFORMATION

Visit www.wic.gov for more information. You can also call 1-800-877-5869.

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 can be caused by a variety of factors, including a diet low in fiber, not drinking enough water, and not exercising regularly.

HOW CAN I PREVENT CONSTIPATION?

1. Eat a diet high in fiber. This includes fruits, vegetables, and whole grains.
2. Drink plenty of water. This helps your body to move stool through your digestive system.
3. Exercise regularly. This helps your body to move stool through your digestive system.
4. Don't ignore the urge to go to the bathroom. This helps your body to move stool through your digestive system.

FOR MORE INFORMATION

Visit www.wic.gov for more information. You can also call 1-800-877-5869.

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. It can be caused by a variety of factors, including hormonal changes and changes in your diet.

HOW CAN I CONTROL NAUSEA?

1. Eat small, frequent meals. This helps your body to digest food better.
2. Avoid greasy, spicy, and fatty foods. These can trigger nausea.
3. Drink plenty of water. This helps your body to stay hydrated.
4. Get plenty of rest. This helps your body to recover from nausea.

FOR MORE INFORMATION

Visit www.wic.gov for more information. You can also call 1-800-877-5869.

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 can be a challenging experience. There are many things you need to know to take care of yourself and your baby.

HOW CAN I TAKE CARE OF MYSELF AND MY BABY?

1. Get plenty of rest. This helps your body to recover from pregnancy.
2. Eat a healthy diet. This helps your body to stay strong.
3. Exercise regularly. This helps your body to stay fit.
4. Take care of your teeth. This helps your body to stay healthy.

FOR MORE INFORMATION

Visit www.wic.gov for more information. You can also call 1-800-877-5869.

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. It contains all the nutrients your baby needs to grow and thrive.

HOW DOES FORMULA COMPARE TO BREASTMILK?

Formula is a good alternative to breastmilk. It contains all the nutrients your baby needs to grow and thrive.

FOR MORE INFORMATION

Visit www.wic.gov for more information. You can also call 1-800-877-5869.

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 sleep is not the best way to get back on track. It's important to get back on track as soon as possible.

THERE ARE TWO TYPES OF INFANT SLEEP: "ACTIVE SLEEP" AND "QUIET SLEEP"

There are two types of infant sleep: "active sleep" and "quiet sleep". Active sleep is when the baby is moving and making sounds. Quiet sleep is when the baby is still and not making sounds.

WAKING AT NIGHT

How many times do babies wake up at night?

- 1-2 times
- 3-4 times
- 5-6 times
- 7-8 times
- 9-10 times
- 11-12 times
- 13-14 times
- 15-16 times
- 17-18 times
- 19-20 times
- 21-22 times
- 23-24 times

SLEEP PATTERNS CHANGE

As your baby grows, their sleep patterns will change. This is normal and healthy.

TIPS FOR SLEEPY PARENTS

- Establish a bedtime routine.
- Put your baby to bed when they are drowsy but still awake.
- Use white noise to help your baby fall asleep.
- Check for hunger, diaper changes, and other needs.
- Get some rest when your baby is sleeping.




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 communicate their needs. Some are very obvious, but others are harder to notice. Here are some cues to help you understand your baby's needs.

I WANT TO BE NEAR YOU!





- Crying
- Reaching for you
- Looking towards you
- Smiling at you

I NEED SOMETHING DIFFERENT!

- Crying
- Looking away from you
- Turning their head
- Arching their back
- Spitting up
- Diaper rash
- Wet or soiled diaper
- Waking up

FOR MORE INFORMATION

Call your local WIC agency staff for contact information. Call 815-397-6600 or visit www.wicillinois.gov.

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

It's important to make healthy choices for you and your family. This includes eating a variety of fruits and vegetables, getting regular exercise, and avoiding drugs.

KEEP YOUR CHILDREN'S TEETHING UP TO DATE

Make sure your child's teething shots are up to date. This helps protect them from tetanus.

THINK ABOUT BRAGGINGTON IF YOU HAVE A BABY

Braggington is a program that helps parents get their children's teeth checked. It's a free service.

FOR MORE INFORMATION

Call your local WIC agency staff for contact information. Call 815-397-6600 or visit www.wicillinois.gov.




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.