



ISU Distribution Center Order Form

Updated 3-16-26

Please make sure you are using the most current version of this form; it is located on the WIC Portal link:

[WIC Portal | Health & Human Services](#)




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, it may be longer if the 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 only for the items that will be **remaining at ISU**. If you need a different quantity than is listed in the drop down, please put that in the Comments field above. This will also depend on the current quantity available at ISU.

The items that will be **moving to the quarterly order form** effective April 1, 2026, will not have a listed quantity, so you may order as many as you want until the stock is depleted. Once the stock is depleted you will only be able to order the item on the quarterly order.

Product Name & Description	Quantity
 <p>Nutrition Support & Power of Family 2025-2026 English, Unit=100 Includes current income guidelines</p> <p>IHHS 621 Remaining at ISU</p>	
 <p>Nutrition Support & Power of Family 2025-2026 Spanish, Unit=50 Includes Current income guidelines</p> <p>IHHS 621(s) Remaining at ISU</p>	
 <p>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.</p> <p>IHHS 622 Remaining at ISU</p>	

Health History Card for women & children (2 sided)
English/Spanish, Unit = 100
 Used to record and share pertinent medical data with medical providers.

IHHS 623 **Remaining at ISU**

Iowa Voter Registration form
English, Unit=100
 Required form for clients to complete if they want To register to vote.

IHHS 636 **Remaining at ISU**

How to Use the WIC Shopper App
English, Unit =100
 Explain how to install and use the shopper app to look up available WIC benefits for the current month and to see WIC approved foods.

IHHS 644 **Remaining at ISU**

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

IHHS 644(S) **Remaining at ISU**

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.

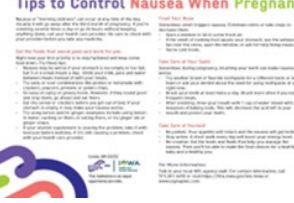
IHHS 645 **Remaining at ISU**







Using Your Iowa eWIC Card
Spanish, 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 number.

IHHS 645(s) **Remaining at ISU**

Proxy Cards
English/Spanish, Unit=50

Moving to ISU order form from Quarterly order form
 IHHS 646

	<p>How Does Formula Compare to Breastmilk English/Spanish, Unit=100 Components of breastmilk compared to formula.</p> <p>IHHS 601 Moving to Quarterly Order Effective April 1, 2026</p>	
	<p>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.</p> <p>IHHS 606 Moving to Quarterly Order Effective April 1, 2026</p>	
	<p>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.</p> <p>IHHS 607 Moving to Quarterly Order Effective April 1, 2026</p>	
	<p>Tips for New Moms English/Spanish, Unit=100 Covers topics of walking, healthy weight, time for yourself, and planning for the next pregnancy.</p> <p>IHHS 608 Moving to Quarterly Order Effective April 1, 2026</p>	
	<p>Every Woman needs Folic Acid English/Spanish, Unit=100 Looks at why all women need folic acid, recommended use, and what foods to choose.</p> <p>IHHS 613 Moving to Quarterly Order Effective April 1, 2026</p>	
	<p>Tips to prevent nausea when pregnant English/Spanish, Unit=100 Tips to control nausea when pregnant and taking care of your teeth.</p> <p>IHHS 625 Moving to Quarterly Order Effective April 1, 2026</p>	
	<p>Formula Feeding English/Spanish, Unit=100 Designated for formula fed babies with tips for feeding and typical intake amounts</p> <p>IHHS 626 Moving to Quarterly Order Effective April 1, 2026</p>	
	<p>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.</p> <p>IHHS 627 Moving to Quarterly Order Effective April 1, 2026</p>	

 <p>Get the Most Iron Every Day English/Spanish, Unit=100</p>	<p>Get the most iron everyday English/Spanish, Unit=100 Discusses eating iron rich foods, and the role of vitamin C</p> <p>IHHS 628 Moving to Quarterly Order Effective April 1, 2026</p>	
 <p>Children's Feeding Guide English/Spanish, Unit=100</p>	<p>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.</p> <p>IHHS 633 Moving to Quarterly Order Effective April 1, 2026</p>	
 <p>Parents Provide, Kids Decide English/Spanish, Unit=100</p>	<p>Parents Provide, Kids Decide English/Spanish, Unit=100 Discusses the division of duties between parents and children when it comes to eating.</p> <p>IHHS 634 Moving to Quarterly Order Effective April 1, 2026</p>	
 <p>Moms Helping Moms English/Spanish, Unit=100</p>	<p>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.</p> <p>IHHS 637 Moving to Quarterly Order Effective April 1, 2026</p>	
 <p>Healthy Sleep For You And Your Baby English/Spanish, Unit=100</p>	<p>Healthy Sleep for you and your baby English/Spanish, Unit=100 Look at types of infant sleep, how often babies wake up at night and tips for sleepy parents.</p> <p>IHHS 638 Moving to Quarterly Order Effective April 1, 2026</p>	
 <p>WIC Needs Your Help Necesita Su Ayuda English/Spanish, Unit=100</p>	<p>WIC Needs Your Help English/Spanish, Unit=100 Tell clients how to submit UPCs if they think the product should be WIC eligible.</p> <p>IHHS 639 Moving to Quarterly Order Effective April 1, 2026</p>	