



ISU Distribution Center Order Form
Updated 1-6-25




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
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 2024
version with Current Income Guidelines
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 2024
version with Current Income Guidelines
Spanish, Unit=50
 Includes Current income guidelines

DO YOUR NUTRITION EDUCATION ONLINE:
WIC.ED.ORG



WHAT HAPPENS IF I DON'T GET MY PASTORING?
If you do not receive your pastoring, you will receive a letter from the WIC program. If you do not receive a letter, you may have a problem with your account. You may need to update your information or you may need to create a new account. If you have a problem with your account, you can call the WIC helpline at 1-800-858-8889 or visit our website at WIC.ED.ORG.

LESSON CATEGORIES
We have lessons for you in the following categories:
- Pregnancy and Baby
- Infant and Toddler
- Preschool
- School-Age Children
- Older Adults
- Spanish

FOR MORE INFORMATION
If you have any questions, please call the WIC helpline at 1-800-858-8889 or visit our website at WIC.ED.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 should provide a variety of healthy foods and let their children decide how much to eat.

PARENTS PROVIDE: WHEN TO EAT
Some parents are afraid that their children will not eat if they do not eat with them. This is not true. Children will eat when they are hungry. Parents should provide a regular mealtime and let their children decide when to eat.


FOR MORE INFORMATION
Call the WIC helpline at 1-800-858-8889 or visit our website at WIC.ED.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 infants from the bottle by 12 months of age. Weaning is the process of transitioning your baby from a bottle to a cup. It is a natural part of your baby's development and should be done in a gentle and gradual way.

WHEN IS A GOOD TIME TO START WEANING?
Most babies are ready to start weaning between 9 and 12 months of age. Signs that your baby is ready to start weaning include: holding a cup, drinking from a cup, and showing interest in the cup.

HOW TO WEAN FROM A BOTTLE
1. Start by offering your baby a cup of water or breast milk. 2. Offer the cup during mealtimes. 3. Gradually reduce the amount of milk in the cup. 4. Offer the cup more often throughout the day. 5. Be patient and consistent.

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 you and your baby. It helps you stay healthy and strong, and it helps your baby develop and grow. Aim for at least 30 minutes of physical activity every day.

READY TO GET STARTED?
- Start with a 5-minute walk. 2. Add a few more minutes each day. 3. Try different activities. 4. Find a friend to walk with. 5. Listen to music or a podcast. 6. Take breaks when you need them. 7. Stay hydrated. 8. Wear comfortable shoes. 9. Don't forget to stretch. 10. Enjoy the outdoors.

FOR MORE INFORMATION
Call the WIC helpline at 1-800-858-8889 or visit our website at WIC.ED.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 to 5 milligrams (mg) 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 DNA, which is the blueprint for your cells.

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. Folic acid helps your body to create red blood cells and carry oxygen to your organs. It also helps your body to create DNA, which is the blueprint for your cells.

WHICH FOODS SHOULD I CHOOSE?

Women with folic acid should look for these foods in their diet. These foods are rich in folic acid and other nutrients that are important for your health.

HOW DO I FIND FOLIC ACID IN FOOD LABELS?

Look for the word "folic acid" on the label. It may be listed as "folic acid," "folate," or "folic acid equivalent." The amount of folic acid is listed in micrograms (mcg) or milligrams (mg).

FOR MORE INFORMATION

Visit www.wic.gov for more information. You can also 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 to create red blood cells and carry oxygen to your organs. It also helps your body to create DNA, which is the blueprint for your cells.

HOW CAN I GET MORE IRON IN MY DIET?

1. Eat iron-rich foods every day. Iron-rich foods include red meat, poultry, fish, and eggs.
2. Eat iron-fortified foods. Many cereals, breads, and pastas are fortified with iron.
3. Eat iron-rich fruits and vegetables. Iron-rich fruits and vegetables include spinach, lentils, and beans.
4. Drink plenty of water every day.

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 DNA, which is the blueprint for your cells.

FOR MORE INFORMATION

Visit www.wic.gov for more information. You can also 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 can be caused by a variety of factors, including a diet low in fiber, dehydration, and a lack of exercise.

HOW CAN I PREVENT CONSTIPATION?

1. Eat a diet high in fiber. Fiber helps your body to move stool through your digestive system.
2. Drink plenty of water every day. Water helps your body to keep its bowels regular.
3. Exercise regularly. Exercise helps your body to move stool through your digestive system.
4. Don't ignore the urge to go to the bathroom. Ignoring the urge can lead to constipation.

FOR MORE INFORMATION

Visit www.wic.gov for more information. You can also 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. It can be caused by a variety of factors, including hormonal changes and an empty stomach.

HOW CAN I CONTROL NAUSEA?

1. Eat small, frequent meals. Eating small meals throughout the day can help prevent nausea.
2. Drink plenty of water every day. Water helps your body to keep its stomach regular.
3. Avoid greasy, spicy, and fatty foods. These foods can trigger nausea.
4. Get plenty of rest. Rest helps your body to keep its stomach regular.

FOR MORE INFORMATION

Visit www.wic.gov for more information. You can also 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 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. Rest helps your body to keep its stomach regular.
2. Eat a healthy diet. A healthy diet helps your body to keep its stomach regular.
3. Exercise regularly. Exercise helps your body to keep its stomach regular.
4. Take care of your teeth. Taking care of your teeth helps your body to keep its stomach regular.

FOR MORE INFORMATION

Visit www.wic.gov for more information. You can also 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. 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 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

WHEN CHANGING FORMULA, YOU MAY WANT TO USE THE SIZE OF BOTTLE YOU USE FOR YOUR BABY.

| Formula | 1 oz | 2 oz | 3 oz | 4 oz | 5 oz | 6 oz | 8 oz |
|---------|------|------|------|------|------|------|------|
| Infant | 1 | 2 | 3 | 4 | 5 | 6 | 8 |
| Toddler | 1 | 2 | 3 | 4 | 5 | 6 | 8 |

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

FEEDING INFANT CEREAL

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

WAKING AT NIGHT
New babies often do not sleep when you go to sleep!
It is normal.
It is common.
It is not your fault.
It is not your baby's fault.
It is not your partner's fault.
It is not your baby's fault.
It is not your partner's fault.

SLEEP PATTERNS CHANGE
As your baby grows, their sleep patterns will change. This is normal. It is not your fault. It is not your baby's fault. It is not your partner's fault.

TIPS FOR SLEEPY PARENTS
Get plenty of rest. Take short naps. Ask for help. Delegate tasks. Eat healthy. Stay hydrated. Take breaks. Stay calm. Stay positive. Stay strong.







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.

SIGNS TO BE NEAR YOU!
Crying
Reaching for you
Sucking
Turning their head
Arching their back
Squinting or tearing up
Sneezing
Coughing
Burping
Spitting up
Diaper soiled
Stomach growling
Head turning
Head bobbing
Head turning
Head bobbing
Head turning
Head bobbing

FOR MORE INFORMATION
Call your local WIC agency staff for contact information. Call 811-881-8818 or visit us online at www.wic.gov 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 TECHNIQUE UP TO DATE
Make sure your child's technique is up to date. This is important for their health and safety.

STAY HEALTHY AND ACTIVE
Eat healthy and exercise regularly. This is important for your health and the health of your family.

STAY CALM AND POSITIVE
Stay calm and positive. This is important for your mental health and the mental health of your family.

FOR MORE INFORMATION
Call your local WIC agency staff for contact information. Call 811-881-8818 or visit us online at www.wic.gov 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.