ISU Distribution Center Order Form

Updated 4-15-25

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

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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:					

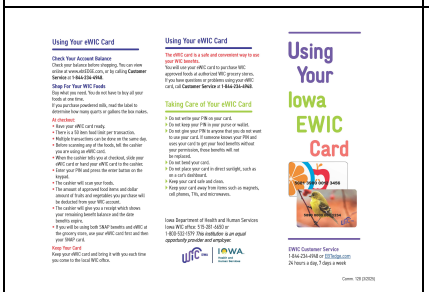
Please allow 5-7 days for delivery, may be longer if date falls on a holiday. UPS ships all orders. You must include a street address as they will not deliver to a P.O. Box.

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:
	Iowa Voter Registration form **English, Unit=100** Required form for clients to complete if they want to register to vote. IDPH 636	
	Health History Card for women & children (2 sided) English, Unit = 100 Used to record and share pertinent medical data with medical providers IDPH 623	
	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. IDPH 644	

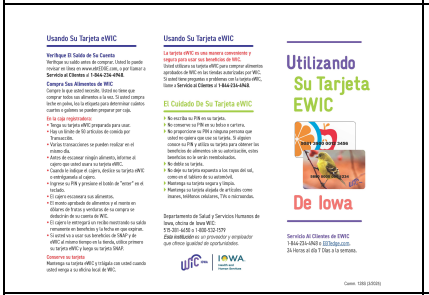
How to Use the WIC Shopper App
Spanish, Unit=50
Explains how to install and use the shopper app to look up available WIC benefits for the current month and to see WIC approved foods.

IDPH 644(s)



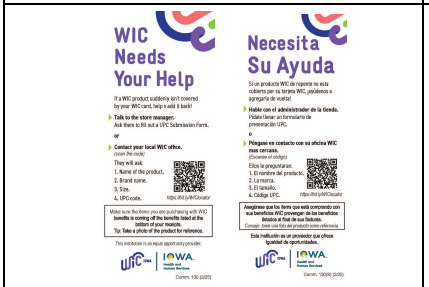
Using Your Iowa eWIC Card
English, Unit=100
Gives information on how to use the eWIC card and check balances before shopping. Also gives the customer service number to set up or change the card PIN number.

IDPH 645



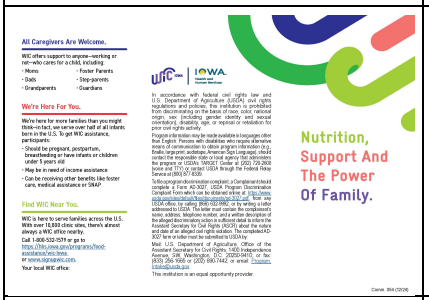
Using Your Iowa eWIC Card
Spanish, Unit=50
Gives information on how to use the eWIC card and check balances before shopping. Also gives the customer service number to set up or change the card PIN number.

IDPH 645(s)



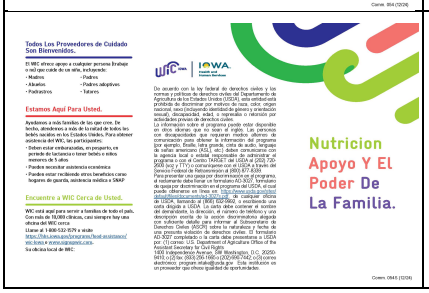
WIC Needs Your Help
English/Spanish, Unit=100
Tells clients how to submit UPCs if they think the product should be WIC eligible.

IDPH 639



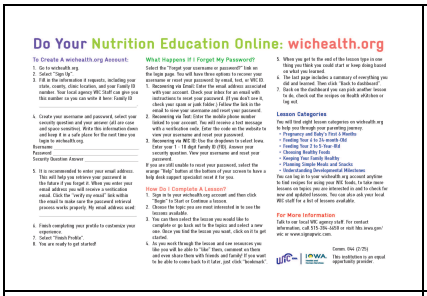
Nutrition Support & Power of Family *July 2024 version with Current Income Guidelines
English, Unit=50
Includes Current income guidelines

IDPH 621



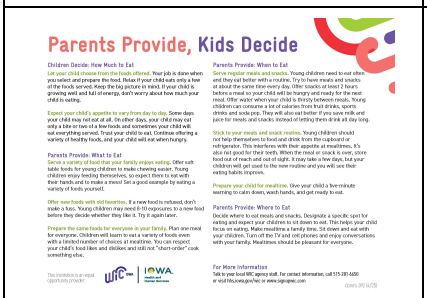
Nutrition Support & Power of Family *July 2024 version with Current Income Guidelines
Spanish, Unit=50
Includes Current income guidelines

IDPH 621(s)



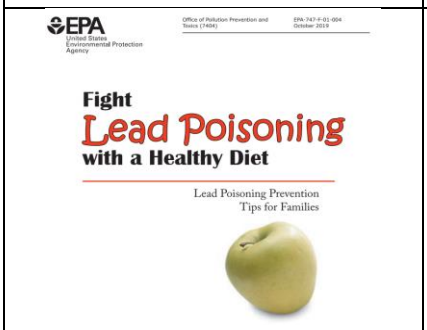
Do Your Nutrition Education Online
English/Spanish, Unit=100
Tells how to access website & what lesion topics are available for participants to do on the nutrition ed website.

IDPH 622



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

IDPH 634



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

IDPH 605

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.

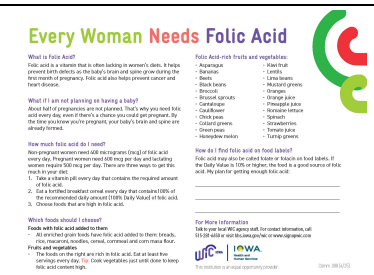
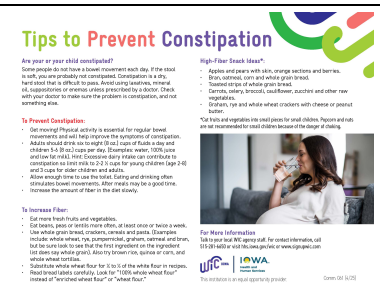
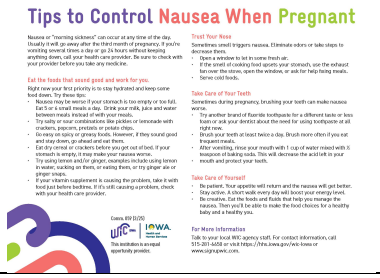
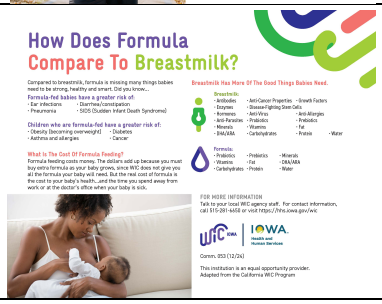
IDPH 642

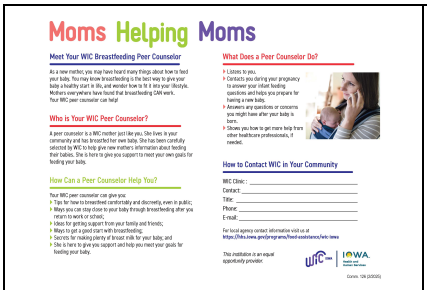
Weaning from a Bottle
English/Spanish, Unit=100
Gives tips for when is a good time to start weaning your baby from a bottle and transition to a cup.

IDPH 609

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.

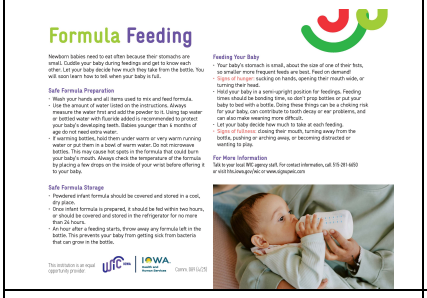
IDPH 627

 Every Woman Needs Folic Acid	**Every Woman needs Folic Acid** **English/Spanish, Unit=100** Looks at why all women need folic acid, recommended use, and what foods to choose. IDPH 613	
 Get The Most Iron Every Day	**Get the most iron everyday** **English/Spanish, Unit=100** Discusses eating iron rich foods, and the role of vitamin C. IDPH 628	
 Tips to Prevent Constipation	**Tips to prevent constipation when pregnant** **English/Spanish, Unit=100** Offers tips to prevent constipation by increasing fiber with high fiber snacks. IDPH 624	
 Tips to Control Nausea When Pregnant	**Tips to prevent nausea when pregnant** **English/Spanish, Unit=100** Tips to control nausea when pregnant and taking care of your teeth. IDPH 625	
 Tips For New Moms!	**Tips for New Moms** **English/Spanish, Unit=100** Covers topics of walking, healthy weight, time for yourself, and planning for the next pregnancy. IDPH 608	
 How Does Formula Compare To Breastmilk?	**How does formula compare to breastmilk?** **English/Spanish, Unit=100** Components of breastmilk compared to formula. IDPH 601	



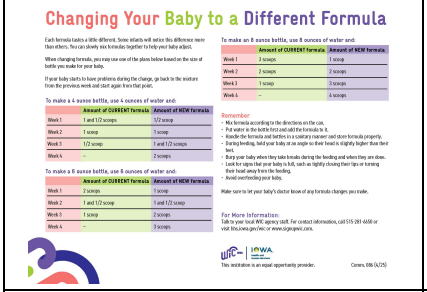
Moms Helping Moms
English/Spanish, Unit=100
Used by WIC agencies who have breastfeeding Peer Counselors. It discusses who Peer Counselors are, and how they can help. Has a space to list who the client's peer counselor will be, if they are interested.

IDPH 637



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

IDPH 626

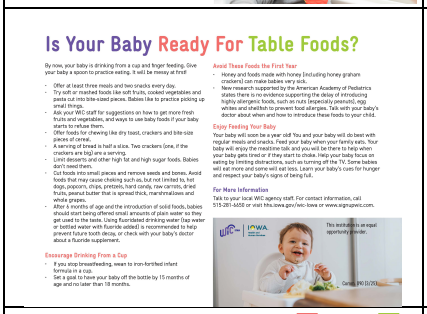


Changing Your baby to a different formula
English/Spanish, Unit=100
Tips on changing formula and the use of a chart based on the size of bottle you make for your baby.

IDPH 653

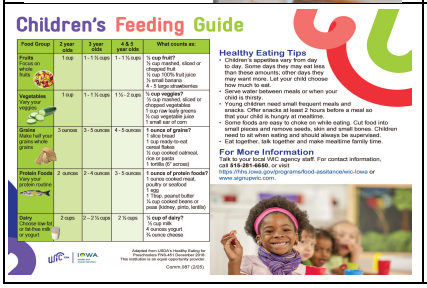
Starting Foods, 6-9 months
English/Spanish, Unit=100
Covers topics of feeding infant cereal, cup use and adding foods and typical intake of breastmilk, formula and foods.

IDPH 640



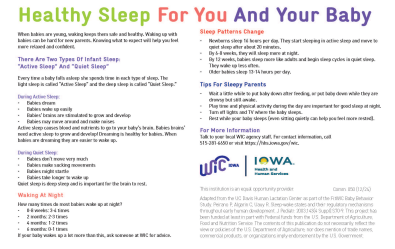
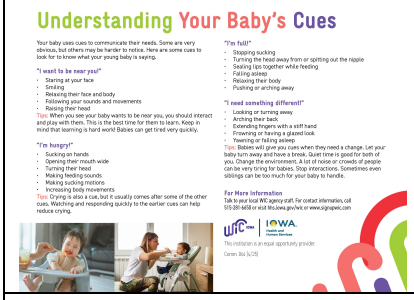
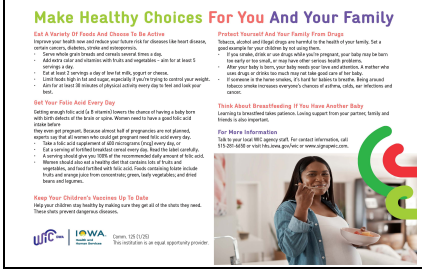
Is your baby ready for table foods
English/Spanish, Unit=100
Gives tips for transition, cup use foods to avoid and typical intake.

IDPH 641



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.

IDPH 633

 Healthy Sleep For You And Your Baby When babies are young, waking keeps them safe and healthy. Waking up with babies can be hard for new parents. Knowing what to expect will help you feel more relaxed and confident. There Are Two Types Of Infant Sleep: "Active Sleep" And "Quiet Sleep" Every time a baby falls asleep she spends time in each type of sleep. The light sleep is called "Active Sleep" and the deep sleep is called "Quiet Sleep." During Active Sleep: • Babies twitch • Babies wake up easily • Babies' brains are stimulated to grow and develop • Babies may move around and make noises Active sleep causes blood and nutrients to go to your baby's brain. Babies brains' need active sleep to grow and develop! Dreaming is healthy for babies. When babies are dreaming they are easier to wake up. During Quiet Sleep: • Babies breathe slower very much • Babies make sucking movements • Babies might startle • Babies take longer to wake up Quiet sleep is deep sleep and is important for the brain to rest. Waking At Night How many times do most babies wake up at night? • 0-6 weeks: 3-6 times • 2 months: 2-3 times • 4 months: 1-2 times • 6 months: 0-1 times If your baby wakes up a lot more than this, ask someone at WIC for advice. Sleep Patterns Change • Newborns sleep 16 hours per day. They start sleeping in active sleep and move to quiet sleep after a few weeks of sleep. • By 6 weeks, they will sleep more at night. • By 12 weeks, babies sleep more like adults and begin sleep cycles in quiet sleep. They wake up less often. • Older babies sleep 13-14 hours per day. Tips For Sleepy Parents • Wait a little while to put baby down after feeding, or put baby down while they are drowsy but still awake. • Play time and physical activity during the day are important for good sleep at night. • Turn off lights and TV where the baby sleeps. • Rest while your baby sleeps (even setting quietly can help you feel more rested). For More Information Talk to your local WIC agency staff. For contact information, call 515-281-6500 or visit https://hhs.iowa.gov/wic. WIC IOWA Health and Human Services This institution is an equal opportunity provider. Comm. 850 (12/24) Adapted from the UC Davis Human Lactation Center as part of the FIMWC Baby Behavior Study. Perame P, Bigelow G, Gray R. Sleep-wake states and their regulatory mechanisms throughout early human development. J Pediatr. 2002;140:9-15.pp02.TEXT. This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.	**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. IDPH 638	
 Understanding Your Baby's Cues Your baby uses cues to communicate their needs. Some are very obvious, but others may be harder to notice. Here are some cues to look for to know what your young baby is saying. "I want to be near you!" • Starring at your face • Smiling • Relaxing their face and body • Following your sounds and movements • Raising their head Tips: When you see your baby wants to be near you, you should interact and play with them. This is the best time for them to learn. Keep in mind that learning is hard work! Babies can get tired very quickly. "I'm hungry!" • Sucking on hands • Opening their mouth wide • Turning their head • Making feeding sounds • Making sucking motions • Increasing body movements Tips: Crying is also a cue, but it usually comes after some of the other cues. Watching and responding quickly to the earlier cues can help reduce crying. "I'm full!" • Stopping sucking • Turning the head away from or spitting out the nipple • Sealing lips together while feeding • Falling asleep • Relaxing their body • Pushing or arching away "I need something different!" • Looking or turning away • Arching their back • Extending fingers with a stiff hand • Frowning or having a glazed look • Yawning or falling asleep Tips: Babies will give you cues when they need a change. Let your baby turn away and have a break. Quiet time is good for both of you. Change the environment. A lot of noise or crowds of people can be very tiring for babies. Stop interactions. Sometimes even siblings can be too much for your baby to handle. For More Information Talk to your local WIC agency staff. For contact information, call 515-281-6650 or visit hhs.iowa.gov/wic or www.signupwic.com WIC IOWA Health and Human Services This institution is an equal opportunity provider. Comm. 866 (6/25)	**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. IDPH 607	
 Make Healthy Choices For You And Your Family Eat A Variety Of Foods And Choose To Be Active Improve your health now and reduce your future risk for diseases like heart disease, certain cancers, diabetes, stroke and osteoporosis. • Serve whole grain breads and cereals several times a day. • Add extra color and vitamins with fruits and vegetables – aim for at least 5 servings a day. • Eat at least 3 servings a day of low fat milk, yogurt or cheese. • Limit foods high in fat and sugar, especially if you're trying to control your weight. • Aim for at least 30 minutes of physical activity every day to feel and look your best. Get Your Folic Acid Every Day Getting enough folic acid (a B vitamin) lowers the chance of having a baby born with birth defects of the brain or spine. Women need to have a good folic acid intake before they even get pregnant. Because almost half of pregnancies are not planned, experts say that all women who could get pregnant need folic acid every day. • Take a vitamin with 400 micrograms of folic acid every day. • Eat a serving of fortified breakfast cereal every day. Read the label carefully. • A serving should give you 100% of the recommended daily amount of folic acid. • Women should also eat a healthy diet that contains lots of fruits and vegetables, and food fortified with folic acid. Foods containing folate include fruits and orange juice from concentrate, green, leafy vegetables, and dried beans and legumes. Keep Your Children's Vaccines Up To Date Help your children stay healthy by making sure they get all of the shots they need. These shots prevent dangerous diseases. Protect Yourself And Your Family From Drugs Tobacco, alcohol and illegal drugs are harmful to the health of your family. Set a good example for your children by not using them. • If you smoke, drink or use drugs while you're pregnant, your baby may be born too early or too small, or may have other serious health problems. • After your baby is born, your baby needs your love and attention. A mother who uses drugs or drinks too much may not take good care of her baby. • If someone in the home smokes, it's hard for babies to breathe. Being around tobacco smoke increases everyone's chances of asthma, colds, ear infections and cancer. Think About Breastfeeding If You Have Another Baby Learning to breastfeed takes patience. Loving support from your partner, family and friends is also important. For More Information Talk to your local WIC agency staff. For contact information, call 515-281-6650 or visit hhs.iowa.gov/wic or www.signupwic.com. WIC IOWA Health and Human Services Comm. 125 (1/25) This institution is an equal opportunity provider.	**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. IDPH 606	