



ISU Distribution Center Order Form

Updated 7-15-25




Please make sure you are using the most current version of this form, it is on WIC Portal.

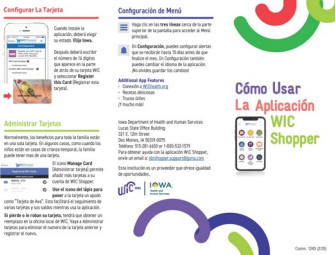
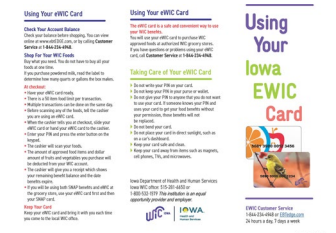
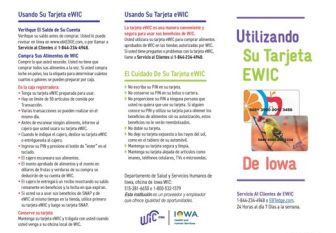
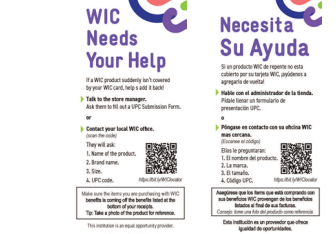
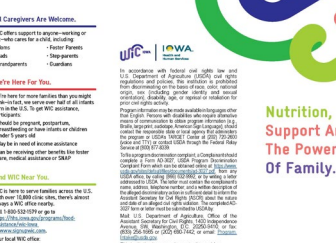
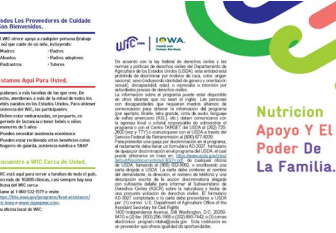
Please complete all fields of this form and email to:
Dena Dittmer – dena.dittmer@hhs.iowa.gov

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, 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. IHHS 636	
	Health History Card for women & children (2 sided) English, Unit = 100 Used to record and share pertinent medical data with medical providers IHHS 623	
	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	

 <p>Configurar la Tarjeta</p> <p>Cuando reciba la tarjeta, asegúrese de tenerla a mano. Debe tenerla consigo en todo momento. Si la pierde, llámelo al 1-800-333-3333 para solicitar una nueva. La tarjeta es válida por un año. Si expira, llámelo al 1-800-333-3333 para solicitar una nueva.</p> <p>Configuración de Menú</p> <p>Para configurar su menú, vaya a www.iowawic.org y haga clic en "Configurar Menú".</p> <p>Cómo Usar La Aplicación WIC Shopper</p> <p>La aplicación WIC Shopper le permite encontrar productos WIC aprobados en su tienda local. Descargue la aplicación desde la App Store o Google Play.</p>	<h2>How to Use the WIC Shopper App</h2> <h3>Spanish, Unit=50</h3> <p>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.</p> <p>IHHS 644(s)</p>	
 <p>Using Your eWIC Card</p> <p>Check Your Account Balance. Your eWIC card balance is available online at www.iowawic.org or by calling 1-800-333-3333. To check your balance, you will need your eWIC card number and PIN.</p> <p>Taking Care of Your eWIC Card</p> <p>Do not write your PIN on your card. Do not use your eWIC card for purchases that are not WIC approved. Do not use your eWIC card for cash. Do not use your eWIC card for purchases that are not WIC approved.</p>	<h2>Using Your Iowa eWIC Card</h2> <h3>English, Unit=100</h3> <p>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.</p> <p>IHHS 645</p>	
 <p>Usando Su Tarjeta eWIC</p> <p>Verifique el Saldo de Su Cuenta. Su saldo de su tarjeta eWIC está disponible en línea en www.iowawic.org o llamando al 1-800-333-3333. Para verificar su saldo, necesitará su número de tarjeta eWIC y su PIN.</p> <p>Utilizando Su Tarjeta eWIC</p> <p>No escriba su PIN en su tarjeta. No use su tarjeta eWIC para compras que no estén aprobadas por WIC. No use su tarjeta eWIC para efectivo. No use su tarjeta eWIC para compras que no estén aprobadas por WIC.</p>	<h2>Using Your Iowa eWIC Card</h2> <h3>Spanish, Unit=50</h3> <p>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.</p> <p>IHHS 645(s)</p>	
 <p>WIC Needs Your Help</p> <p>If a WIC product suddenly isn't covered by your WIC card, help is available! Talk to the store manager. Ask them to fill out a UPC Submission Form.</p> <p>Necesita Su Ayuda</p> <p>Si un producto WIC de repente no está cubierto por su tarjeta WIC, ¡podemos ayudarle a resolverlo! Hable con el administrador de la tienda. Pídele que llene un formulario de presentación de UPC.</p>	<h2>WIC Needs Your Help</h2> <h3>English/Spanish, Unit=100</h3> <p>Tell clients how to submit UPCs if they think the product should be WIC eligible.</p> <p>IHHS 639</p>	
 <p>All Caregivers Are Welcome.</p> <p>WIC offers support to anyone—parenting or non-parenting—for a child, including:</p> <ul style="list-style-type: none"> Mothers Foster Parents Child Care Providers Grandparents <p>We're Here For You.</p> <p>WIC has more services than you might think. Call us to get WIC assistance, including:</p> <ul style="list-style-type: none"> Child care referrals, transportation, and food assistance. Help with income assistance. Help with medical assistance or SNAP. <p>Find WIC Near You.</p> <p>WIC is here to serve families across the U.S. Call 1-800-333-3333 for more information.</p>	<h2>Nutrition Support & Power of Family</h2> <h3>*July 2025 version with Current Income Guidelines</h3> <h3>English, Unit=100</h3> <p>Includes Current income guidelines</p> <p>IHHS 621</p>	
 <p>Todos Los Proveedores de Cuidado Son Bienvenidos.</p> <p>WIC ofrece apoyo a cualquier persona (padre o no padre) que cuide a un niño, incluyendo:</p> <ul style="list-style-type: none"> Madres Padres Fostales Proveedores de Cuidado Infantil Abuelos <p>Estamos Aquí Para Usted.</p> <p>WIC tiene más servicios de los que usted podría pensar. Llámese para obtener asistencia, incluyendo:</p> <ul style="list-style-type: none"> Referencias de cuidado infantil, transporte y asistencia alimentaria. Asistencia con la asistencia económica. Asistencia con la asistencia médica o SNAP. <p>Encuentra a WIC Cerca de Usted.</p> <p>WIC está aquí para servir a las familias en toda la U.S. Llame al 1-800-333-3333 para obtener más información.</p>	<h2>Nutrition Support & Power of Family</h2> <h3>*July 2025 version with Current Income Guidelines</h3> <h3>Spanish, Unit=50</h3> <p>Includes Current income guidelines</p> <p>IHHS 621(s)</p>	

<div><h3>Formula Feeding</h3><p>Newborn babies need to eat often because their stomachs are small. Cuddling and holding help bring feelings of comfort to each other. Let your baby decide how much they take from the bottle. This will help them learn to eat when they are hungry.</p><p>Safe Formula Preparation</p><ul style="list-style-type: none">Wash your hands and all items used to mix and feed the baby.Use the amount of water listed in the instructions. Always use freshly boiled water that has cooled to 160°F (70°C) or higher.Use the amount of formula powder as directed on the label. Do not use more than the recommended amount.Warm the formula. Heat the water and mix it with the formula powder. Do not use a microwave to heat the formula. Do not use a water boiler.Use the formula within 2 hours of preparation. Do not use formula that has been prepared more than 2 hours before it is used.<p>Safe Formula Storage</p><ul style="list-style-type: none">Prepared infant formula should be covered and stored in a cool, dry place.Once the formula is prepared, it should be fed within two hours, or stored in the refrigerator for no more than 24 hours.After each feeding, clean the bottle and nipple with soap and water.After each feeding, clean the bottle and nipple with soap and water.<p>For More Information Call your local health department or visit www.iahs.org for more information. Call 1-800-458-5233 or visit www.iahs.org for more information.</p></div>	<div><h2>Formula Feeding, The first 6 months</h2><h3>English/Spanish, Unit=100</h3><p>Designated for formula fed babies with tips for feeding and typical intake amounts.</p><p>IHHS 626</p></div>																			
<div><h3>Changing Your Baby to a Different Formula</h3><p>Each brand of formula is different. Some babies will adjust to the difference more easily than others. Some babies will have trouble adjusting to the change. When changing formulas, you may see one of the signs below before the change is made for your baby.</p><p>If your baby starts to have problems during the change, go back to the previous formula. The previous formula was working for your baby.</p><p>To make a 4 ounce bottle, use 4 ounces of water and:</p><table><tr><th>Amount of current formula</th><th>Amount of new formula</th></tr><tr><td>1/2 cup (120g)</td><td>1/2 cup (120g)</td></tr><tr><td>1/4 cup (60g)</td><td>1/4 cup (60g)</td></tr><tr><td>1/8 cup (30g)</td><td>1/8 cup (30g)</td></tr><tr><td>1/16 cup (15g)</td><td>1/16 cup (15g)</td></tr></table><p>To make a 2 ounce bottle, use 2 ounces of water and:</p><table><tr><th>Amount of current formula</th><th>Amount of new formula</th></tr><tr><td>1/4 cup (60g)</td><td>1/4 cup (60g)</td></tr><tr><td>1/8 cup (30g)</td><td>1/8 cup (30g)</td></tr><tr><td>1/16 cup (15g)</td><td>1/16 cup (15g)</td></tr></table><p>For More Information Call your local health department or visit www.iahs.org for more information. Call 1-800-458-5233 or visit www.iahs.org for more information.</p></div>	Amount of current formula	Amount of new formula	1/2 cup (120g)	1/2 cup (120g)	1/4 cup (60g)	1/4 cup (60g)	1/8 cup (30g)	1/8 cup (30g)	1/16 cup (15g)	1/16 cup (15g)	Amount of current formula	Amount of new formula	1/4 cup (60g)	1/4 cup (60g)	1/8 cup (30g)	1/8 cup (30g)	1/16 cup (15g)	1/16 cup (15g)	<div><h2>Changing Your baby to a different formula</h2><h3>English/Spanish, Unit=100</h3><p>Tips on changing formula and the use of a chart based on the size of bottle you make for your baby.</p><p>IHHS 653</p></div>	
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<div><h3>Starting Foods</h3><p>By about 6 months of age, babies can eat solid foods. Start with small amounts and watch for signs of allergies. When your baby is ready to eat solid foods, start with small amounts of pureed fruits and vegetables. When your baby is ready to eat solid foods, start with small amounts of pureed fruits and vegetables.</p><p>Feeding Your Baby</p><ul style="list-style-type: none">Start with 1-2 teaspoons of pureed fruit or vegetable once a day.Gradually increase the amount of food your baby eats.Offer a variety of foods to your baby.Do not give your baby honey or sugar.Do not give your baby cow's milk or soy milk.Do not give your baby juice.Do not give your baby salt or sugar.Do not give your baby alcohol or tobacco.Do not give your baby any other substances.<p>For More Information Call your local health department or visit www.iahs.org for more information. Call 1-800-458-5233 or visit www.iahs.org for more information.</p></div>	<div><h2>Starting Foods, 6-9 months</h2><h3>English/Spanish, Unit=100</h3><p>Covers topics of feeding infant cereal, cup use and adding foods and typical intake of breastmilk, formula and foods.</p><p>IHHS 640</p></div>																			
<div><h3>Is Your Baby Ready For Table Foods?</h3><p>By now, your baby is drinking from a cup and using feeding. One sign your baby is ready to eat table foods is when they can sit up without support. When your baby is ready to eat table foods, start with small amounts of pureed fruits and vegetables. When your baby is ready to eat table foods, start with small amounts of pureed fruits and vegetables.</p><p>Is Your Baby Ready For Table Foods?</p><ul style="list-style-type: none">Can your baby sit up without support?Can your baby hold a spoon?Can your baby bring a spoon to their mouth?Can your baby chew?Can your baby swallow?Can your baby drink from a cup?Can your baby use a spoon?Can your baby use a fork?Can your baby use a knife?Can your baby use a spoon?Can your baby use a fork?Can your baby use a knife?<p>For More Information Call your local health department or visit www.iahs.org for more information. Call 1-800-458-5233 or visit www.iahs.org for more information.</p></div>	<div><h2>Is your baby ready for table foods</h2><h3>English/Spanish, Unit=100</h3><p>Gives tips for transition, cup use foods to avoid and typical intake.</p><p>IHHS 641</p></div>																			
<div><h3>Children's Feeding Guide</h3><p>Healthy Eating Tips</p><ul style="list-style-type: none">Children's appetites vary from day to day. Don't stress if your child doesn't eat as much as they did yesterday.Offer a variety of foods to your child.Do not give your child juice.Do not give your child sugar.Do not give your child salt.Do not give your child alcohol or tobacco.Do not give your child any other substances.<p>For More Information Call your local health department or visit www.iahs.org for more information. Call 1-800-458-5233 or visit www.iahs.org for more information.</p></div>	<div><h2>Children's Feeding Guide</h2><h3>English/Spanish, Unit=100</h3><p>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</p></div>																			
<div><h3>Healthy Sleep For You And Your Baby</h3><p>When babies are young, sleeping helps them stay safe and healthy. Making sure your baby is sleeping well is important. When your baby is sleeping well, they are happy and healthy. When your baby is sleeping well, they are happy and healthy.</p><p>Healthy Sleep For You And Your Baby</p><ul style="list-style-type: none">Establish a bedtime routine.Put your baby to bed when they are tired.Do not give your baby a bottle to sleep.Do not give your baby a pacifier to sleep.Do not give your baby a blanket to sleep.Do not give your baby a toy to sleep.Do not give your baby a blanket to sleep.Do not give your baby a toy to sleep.<p>For More Information Call your local health department or visit www.iahs.org for more information. Call 1-800-458-5233 or visit www.iahs.org for more information.</p></div>	<div><h2>Healthy Sleep for you and your baby</h2><h3>English/Spanish, Unit=100</h3><p>Look at types of infant sleep, how often babies wake up at night and tips for sleepy parents.</p><p>IHHS 638</p></div>																			

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