

R- 01.21 WIC Paper Assessment Tool

Participant ID: _____

Date: _____

CPA Initials: _____

NUTRITION

1. *In addition to breast milk and/or WIC formula, do you routinely give your baby any other beverages?

- Low iron formula (Risk 411.01)
- Water
- 100% Fruit juice
- Sugar sweetened drinks (Risk 411.03)
- Cow's milk (Risk 411.01)
- None of the above
- Goat/sheep's milk (Risk 411.01)
- Substitute milk (rice, soy, nut) (Risk 411.01)
- Homemade mixtures/non-dairy creamer (Risk 411.01)
- Canned evaporated or sweetened condensed milk (Risk 411.01)
- Other: _____

2. *How do you prepare and handle breast milk or formula? Sanitary Unsanitary (Risk 411.09) N/A

3. *How do you mix the formula? Diluted incorrectly (Risk 411.06) Diluted correctly N/A

4. *How do you store the formula or breast milk? Stored incorrectly (Risk 411.09) Stored correctly N/A

5. *Does your baby:

- Fall asleep/go to bed with a bottle (Risk 411.02)
- Use a bottle that is propped when feeding (Risk 411.02)
- Carry around and drink from a covered or training cup (Risk 411.02)
- Use a bottle without restriction (e.g. walking around) or as a pacifier (Risk 411.02)
- Use a bottle that has other foods (cereal, sweeteners or other solids) added to it (Risk 411.02)
- Routinely use a bottle to drink liquids other than breast milk, formula, or water (such as fruit juice, soda, sweetened tea, etc.)
- None of the above

6. *What does your baby use to eat or drink?

- Breast Cup with lid Fingers
- Bottle Spoon fed Tube fed
- Cup Spoon/fork

7. *Does your baby follow a special diet?		
<input type="checkbox"/> Diabetic	<input type="checkbox"/> Low cholesterol	<input type="checkbox"/> Vegan (Risk 411.08)
<input type="checkbox"/> High calorie	<input type="checkbox"/> Low fat	<input type="checkbox"/> Vegetarian
<input type="checkbox"/> High protein/low carb (Risk 411.08)	<input type="checkbox"/> Low salt/sodium	<input type="checkbox"/> Lacto-ovo
<input type="checkbox"/> Lactose free/restricted	<input type="checkbox"/> Macrobiotic (Risk 411.08)	<input type="checkbox"/> Weight loss
<input type="checkbox"/> Low calorie (Risk 411.08)	<input type="checkbox"/> PKU	<input type="checkbox"/> Other: _____
	<input type="checkbox"/> Kosher	<input type="checkbox"/> None of the above

8. *At what age did your baby start any foods or beverages other than breast milk or formula?
 Before 6 months (Risk 411.03) 6 months or older Unknown N/A

- 9. *Does your baby eat these foods every day?**
- Fruit** Yes No N/A
 - Vegetables** Yes No N/A
 - Whole grains** Yes No N/A

Nutrition Risk(s) Identified: _____

Illinois State WIC Program

Category: Infant

R- 01.21 WIC Paper Assessment Tool

Participant ID: _____

Date: _____

CPA Initials: _____

10. *Does your baby eat raw, undercooked, or unpasteurized foods?

- Deli meats/hot dogs not steaming (Risk 411.05)
- Donor human milk acquired directly from individuals or the internet (Risk 411.05)
- Fish high in mercury
- Fish/shellfish raw/undercooked/smoked (Risk 411.05)
- Juice unpasteurized (Risk 411.05)
- No
- Meat/poultry/eggs raw/undercooked (Risk 411.05)
- Milk unpasteurized (Risk 411.05)
- Soft cheese (Risk 411.05)
- Sprouts raw (Risk 411.05)
- Tofu, raw/undercooked
- Honey (Risk 411.05)
- N/A

11. *How often do you sit together and have a meal as a family?

- All of the time
- Sometimes
- Never
- Most of the time
- Rarely

12. *Are there any other feeding concerns such as parent/care taker: (Risk 411.04)

- does not allow baby to self-feed
- ignores hunger cues
- feeds foods of inappropriate consistency, size or shape
- feeds foods of inappropriate texture based on developmental stage
- follows a rigid feeding schedule
- None of the above

13. *Do you have access to a refrigerator and stove/hot plate?

- Yes
- No

14. *Is your baby sometimes hungry because there is not enough money to buy food?

- Yes
- No

15. *Was Mom on WIC during pregnancy?

- Yes
- No, would have been eligible
- No

(If Yes or No, at risk – Risk 701 if infant under 6 months and no other priority 1 risk is assigned)

Nutrition Risk(s) Identified: _____