

# CPA COMPETENCIES:

## ISSUING FORMULA PRODUCTS



### ***Directions:***

1. Completion of the associated SSM worksheet, utilizing this CPA New Employee Orientation Staff SSM PowerPoint and resources noted within meets CPA competencies for issuing WIC contract infant formula.
2. Review worksheet with WIC Supervisor/Coordinator to ensure understanding and address any questions.
3. WIC Coordinator are to maintain the completed worksheet on file for program review of new employee orientation training records.

# THE WIC CPA WILL OBTAIN THE FOLLOWING COMPETENCIES UPON COMPLETION OF THIS SSM:

- Thorough knowledge of the current Illinois WIC Formulary, including policies on issuance and documentation
- Understanding the Federal maximum amounts of formula that can be issued by category
- Knowledge of other infant formulas, exempt infant formulas, and medical foods and their relationship to medical conditions
- Awareness of availability of products at the retail level
- Ability to educate participants on product preparation and feeding techniques
- Capability to assist participants in accessing ongoing medical care and supervision

*Note: Any CPA issuing medically prescribed formula must attend specialized training on expected competencies related to the issuance of medically prescribed formula offered by the Department... Staff not trained must be assigned role*

**‘CPA no MPF’**

*This must be completed before any/all formulas requiring a WIC Formula and Medical Nutritional Prescriptions Form can be issued*

*(IL WIC PM AD 11.3.C.3.a)*

# CPA COMPETENCY:

**Thorough knowledge of current Illinois WIC Formulary, including policies on issuance and documentation\***

**Read the following sections of the Illinois WIC Policy Manual & complete the applicable worksheet questions:**

- Supplemental Food Delivery, **section 5: Infant Formula & addendum IL WIC Formulary**
- Certification Standards, addendum **NPS: Documenting in WIC MIS**
- Administration, addendum **NPS: Breastfeeding**

Note: The IL WIC PM, broken down by section and addenda can be found on the Community Health Training Center's website: <https://tinyurl.com/3u45eus8>



# ILLINOIS WIC FORMULARY

- IL WIC Program approved & updated annually
  - Formula products, size and form
  - Quantity provided per age/category
- **Contract Formulas**
  - Standard Infant Formulas
  - Designed for healthy, full-term infants
- **Medically Prescribed Formulas (MPF)**
  - Specialty formulas for “medically fragile”
  - Medical prescription form required
  - CPA must be trained on issuance of MPF

**Illinois WIC Program Formulary**  
Effective: July 2024

Contract Formula	0-3 months	4-5 months	6-12 months	> 1 year	Size (oz)	Form	
Enfamil Infant	9	10	7	10	12.5	Powder	
	31	34	24	35	13	Concentrate	
Enfamil NeuroPro Infant	26	28	20	28	32	RTF	
	9	10	7	10	12.4	Powder	
Enfamil NeuroPro Gentlese	26	28	20	28	32	RTF	
	9	10	7	10	12.4	Powder	
Enfamil ProSobee	31	34	24	35	13	Concentrate	
	26	28	20	28	32	RTF	
Enfamil AR	9	10	7	10	12.9	Powder	

**Medically Prescribed Formulas - WIC Formula and Medical Nutritional Prescription Form required**

Formula	0-3 months	4-5 months	6-12 months	> 1 year	Size (oz)	Form	Flavor
<b>Premature &amp; Transitional</b>							
Enfamil NeuroPro EnfaCare	10	11	8	NA	13.6	Powder	NA
Similac NeoSure	10	11	8	NA	13.1	Powder	NA
	26	28	20	NA	32	RTF	NA
<b>Casein Hydrolysates</b>							
Similac Alimentum	10	11	8	10	12.1	Powder	NA
	26	28	20	28	32	RTF	NA
Nutrigen with Probiotic LGG	10	11	8	10	12.6	Powder	NA
Nutrigen	26	28	20	28	32	RTF	NA
<b>Other Specialized</b>							
Similac PM 60/40	8	9	6	NA	14.1	Powder	NA
Peptamen Junior No Fiber	NA	NA	NA	107	8.45	RTF	All Flavors
With Fiber	NA	NA	NA	107	8.45	RTF	All Flavors
PediaSure Peptide 1.0	NA	NA	NA	113	8	RTF	All Flavors
<b>Amino Acid Based</b>							
EleCare DHA/ARA	9	10	7	NA	14.1	Powder	NA
Neocate Infant DHA/ARA	8	9	7	NA	14.1	Powder	NA
Neocate Syneo Infant	9	10	7	NA	14.1	Powder	NA
PurAmino DHA/ARA	8	9	7	9	14.1	Powder	NA
EleCare Jr	NA	NA	NA	15	14.1	Powder	All Flavors
Neocate Junior	NA	NA	NA	14	14.1	Powder	All Flavors
Neocate Splash	NA	NA	NA	113	8	RTF	All Flavors
<b>Nutrient Dense</b>							
PediaSure No Fiber	NA	NA	NA	18 (6-pks)	8	RTF	All Flavors
With Fiber	NA	NA	NA	18 (6-pks)	8		All Flavors
Nutren Junior No Fiber	NA	NA	NA	107	8.45	RTF	All Flavors
With Fiber	NA	NA	NA	107	8.45		All Flavors
PediaSure 1.5 Cal No Fiber	NA	NA	NA	113	8	RTF	All Flavors
With Fiber	NA	NA	NA	113	8		All Flavors

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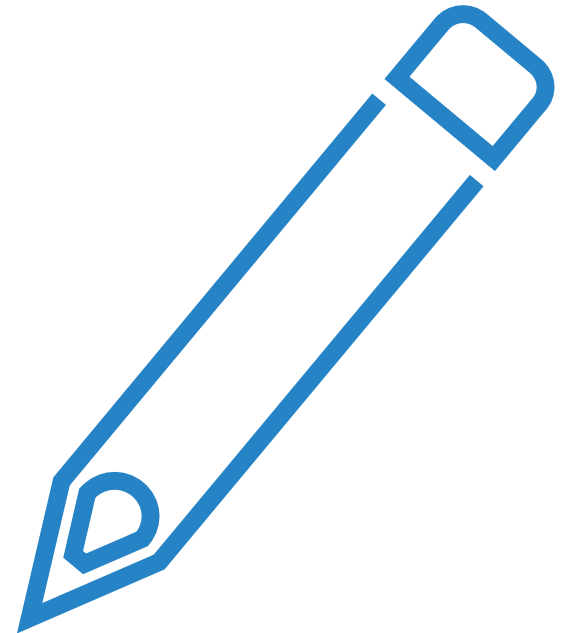
IL WIC Formulary July 2024

(IL WIC PM SFD 5 addendum)  
<https://bit.ly/3t38M7Y>

# DOCUMENTATION

Refer to the **NPS: Documenting in WIC MIS** & discuss with your WIC Supervisor/Coordinator agency expectations for case notes, this may include:

- Information shared by parent/caregiver, previous goal, etc.
- CPA's assessment related to infant feeding:
  - Feeding practices, preparation, formulas tried, etc.
  - Rationale for RTF formula (*reason for RTF issuance per policy*)
- Documentation of education, goal, and future plan(s)



# CPA COMPETENCIES:

**Understanding of Federal maximum amounts of formula that can be issued by category**

**Knowledge of other infant formulas, exempt infant formulas, and medical foods and their relationship to medical conditions**

**Read the following sections of the Illinois WIC Policy and complete the applicable worksheet questions:**

- Supplemental Food Delivery, [section 7 Food Package Prescription](#)
- Supplemental Food Delivery, [section 7.2 and addendum: IL WIC Food Package Tables](#)



# WIC CONTRACT VS. NON-CONTRACT

(LOOK ON YOUR NEXT SHOPPING TRIP!)



Enfamil (Mead Johnson)	Similac (Abbott/Ross)	Gerber Good Start (Nestle)
Infant*	Advance	Gentle
Reguline	Total Comfort (part. Hydrolyz. Pro.)	GentlePro (part. Hydrolyz. Pro.)
Gentlease*	Sensitive (lower lactose)	SoothePro (part. Hydrolyz. Pro.)
ProSobee	Soy Isomil	Gentle Soy
AR	for Spit-up	-----

**The IL WIC contract brand for formula is currently Mead Johnson**

Other states WIC programs may have different contract formula; be familiar with other formulas for transfers or come to WIC on a non-contract formula

*\* Infant and Gentlease Neuropro RTF does not meet formula only comes in RTF rationale*

# FOOD PACKAGE TABLES

## Education on Food and Formula Benefits

- **Tailor the amount of formula and/or foods**
  - Based upon Breastfeeding assessment
  - Any identified medical needs (i.e. food allergy)
- **Review the Family Shopping List & educate on:**
  - Family Shopping List Description
  - Product form
  - Container size
  - EBT Receipt Description
- **Review where to shop for formulas and food benefits**
  - Provide agency WIC Vendor List

**Core Food Packages for Infants – Breastfeeding or Fully Formula with Contract Formulas**

Breastfeeding and/or with Contract Formula - Amounts per Infant Age								Infant Foods <i>(offered 6-11 months)</i>					
Exclusive Breastfeeding								Infant Cereal	Infant Fruits & Vegetables	Infant Meats			
								0-5 months	6-8 months	9-11 months	24 oz	64-4 oz containers <sup>1</sup>	31-2.5 oz containers
<i>WIC provides No formula</i>								0	0	0	24 oz	64-4 oz containers <sup>1</sup>	31-2.5 oz containers
Partial Breastfeeding (Mostly)													
Contract Formula:	Form	Size (oz)	0-1 month	1-3 months	4-5 months	6-8 months	9-11 months	Infant Cereal	Infant Fruit & Vegetables	Infant Meats			
Enfamil Infant	powder	12.5 oz	1	up to 4	up to 5	up to 4	up to 4	24 oz	32-4 oz containers <sup>1</sup>	0			
	concentrate	13	4	up to 14	up to 17	up to 12	up to 12						
Enfamil NeuroPro Infant	RTF <sup>2,3</sup>	32	3	up to 12	up to 14	up to 10	up to 10						
	powder	12.4 oz	1	up to 4	up to 5	up to 4	up to 4						
Enfamil NeuroPro Gentlease	RTF <sup>2,3</sup>	32 oz	3	up to 12	up to 14	up to 10	up to 10						
Enfamil Reguline	powder	12.4 oz	1	up to 4	up to 5	up to 4	up to 4						
Enfamil ProSobee	powder	12.9 oz	1	up to 4	up to 5	up to 4	up to 4						
	concentrate	13	4	up to 14	up to 17	up to 12	up to 12						
Enfamil AR	RTF <sup>2</sup>	32	3	up to 12	up to 14	up to 10	up to 10						
	powder	12.9 oz	1	up to 4	up to 5	up to 4	up to 4						
Breastfeeding Some/Limited or Fully Formula Feeding													
Contract Formula:	Form	Size (oz)	0-3 months	4-5 months	6-8 months	9-11 months	Infant Cereal	Infant Fruits & Vegetables	Infant Meats				
Enfamil Infant	powder	12.5 oz	9	10	7	7	24 oz	32-4 oz containers <sup>1</sup>	0				
	concentrate	13	31	34	24	24							
Enfamil NeuroPro Infant	RTF <sup>2,3</sup>	32	26	28	20	20							
	powder	12.4 oz	9	10	7	7							
Enfamil NeuroPro Gentlease	RTF <sup>2,3</sup>	32 oz	26	28	20	20							
Enfamil Reguline	powder	12.4 oz	9	10	7	7							
	powder	12.9 oz	9	10	7	7							
Enfamil ProSobee	concentrate	13	31	34	24	24							
	RTF <sup>2</sup>	32	26	28	20	20							
Enfamil AR	powder	12.9 oz	9	10	7	7							

<sup>1</sup> Infants 9-11 months option: replace a portion of the jarred infant fruits and vegetables (FV) with a cash-value benefit (CVB) toward fresh fruits/vegetables. Exclusive breastfeeding portion replaced with \$8 CVB plus 128 oz of jarred infant FV; Partially breastfeeding and Fully Formula fed replaced with \$4 CVB plus 64 ounces of jarred infant FV.  
<sup>2</sup> RTF/RTU formula must meet policy requirements to be issued, refer to policy and document need.  
<sup>3</sup> Product does not meet Formula only comes in RTF form rationale for issuance.

R- 05.21 Illinois WIC Food Package Tables July 2024 5

(IL WIC PM SFD 7 addendum)

<https://bit.ly/480HeyU>



# CORE FOOD PACKAGES FOR INFANTS – BREASTFEEDING OR FULLY FORMULA WITH CONTRACT FORMULAS\*

- **Partially Breastfeeding (Mostly)**

- **0-1 month:** limited to 1 can powder (or equivalent if other forms of formula)
- **1-11 months:** formula may be provided ‘up to’ the maximum allowed quantity, per age, to still be considered as Partially/Mostly Breastfeeding dyad per USDA Federal Regulations
- Breastfeeding Assessment should identify the quantity of formula to issue
  - In supporting breastfeeding, provide the minimal amount of formula supplementation needed
  - Reduce formula as needed, when assigning food package (to less than the max. amount per age) and document on the food prescription screen’s notes field.  
([NPS: Documenting in WIC MIS](#) pg 6; tailoring of food package)

- **Breastfeeding Some/Limited or Fully Formula Feeding**

- Full formula food package is issued when the amount of formula offered is greater than the Mostly Breastfeeding or if Infant is formula fed only

*\*only food package table being addressed for the purpose of this training content*

# NPS: BREASTFEEDING

- Breastfeeding Assessment
  - Determine amount of Breastfeeding and formula supplementation
- Breastfeeding Dyad Education
  - NPS Breastfeeding addendum
- Food Packages to Support the Breastfeeding Dyad
- Food Package Changes
- I-WIC Reason Breastfeeding Ceased
- Breastfeeding Support/Follow-up Contacts

## Illinois WIC Program Nutrition Practice Standards (NPS) Breastfeeding November 2023

### Addendum 2 CPA Desktop Reference – not a participant handout

#### WIC Breastfeeding Dyad Education: IBE, BE

- Breastfeeding nurtures a bond between a parent and their baby, providing nutrition unique to baby's needs
- WIC staff promotes and supports breastfeeding by:
  - Assisting a parent in establishing breastfeeding
  - Promoting exclusive breastfeeding
  - Encouraging breastfeeding for at least one year or for as long as mutually desired by parent and baby



#### Breastfeeding a Newborn

- Stomach size, nursing & sleep schedule
- Positions & proper latch
- Feeding cues
- Supply & demand; avoid pacifiers & bottles
- Wet & dirty diapers
- Vitamin D



#### Breastfeeding- You Got This!

- Growth spurts, cluster feeding & feeding frequency
- Plan ahead for when you may be away from the baby
  1. Hand expression
  2. Pumping
  3. Storage/handling of breastmilk



#### Feeding the Older Infant

- Starting solids
- Nursing
- Introducing a cup
- Teething



#### WIC is here for you:

- WIC is just a phone call away
- We will reach out to see how we can support you with breastfeeding
- Contact us with questions



#### Additional Resources:

- Best for Baby
- Breastfeeding is a Special Time
- How Much Can My New Baby Eat
- Got Enough Milk? Yes You Do

Translating policy into practice. This guidance Manual and the *IWIC Nutrition Risk Criteria*, on, education, support, and referrals.

Feeding is the planned method of infant feeding, and healthiest way to feed babies, staff

allows staff to assess the pregnant participant's response from list)

Have you heard about breastfeeding?  
What are your breastfeeding intentions and  
If you are currently breastfeeding, assess for the listed risk 602. If not breastfeeding currently

During assessment, staff is expected to individualize breastfeeding education and support can be provided by Peer Counselor or hospital. During secondary education, preferably packages should be provided to encourage

Participants eligible to receive WIC benefits package

When milk supply is established for infants less than one month of age

Staff should contact pregnant participants in need of access in breastfeeding.

(IL WIC PM AD 10 addendum)

<https://bit.ly/40TRQxl>

# IL WIC Formulas Product Descriptions and Characteristics

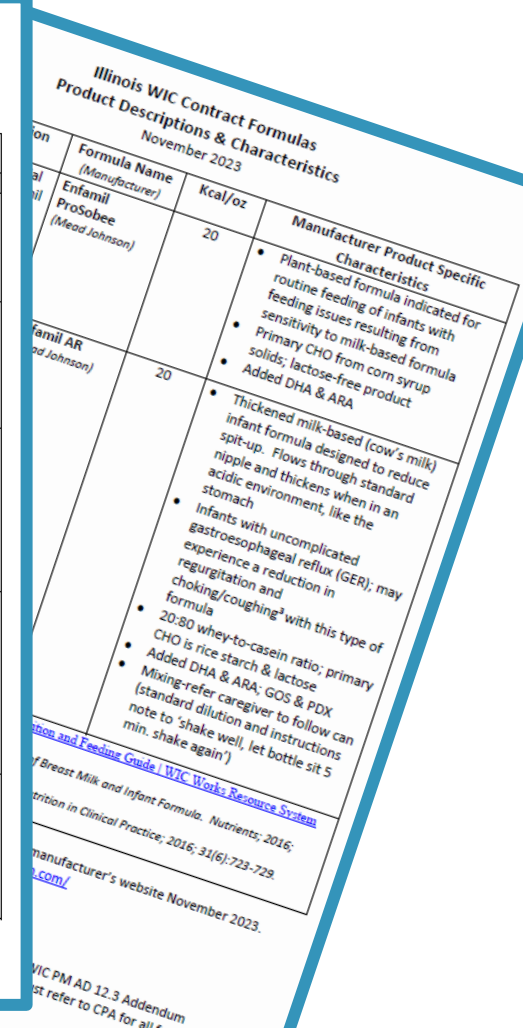
- Internal Training Document/Reference
- Formulas follow Formulary
- Composition and Product Characteristics
- CPA refer for Contract Formulas (2 pages)
  - Medically Prescribed Formula guide provided and addressed in the CPA training on MPF)
- Information obtained from formula company websites
  - Formula manufacturer are noted (i.e. Mead Johnson)

**Illinois WIC Contract Formulas  
Product Descriptions & Characteristics**  
November 2023

WIC staff training Desktop Resource for staff trained to issue WIC contract formulas.

Formula Category Information	Formula Name (Manufacturer)	Kcal/oz	Manufacturer Product Specific Characteristics
<b>Contract Brand Formulas</b>			
<ul style="list-style-type: none"> <li>• Human milk is the best source of infant nutrition; however, when human milk is not available, iron-fortified formula is an appropriate alternative during the infant's first year of life<sup>1</sup>.</li> <li>• Protein is either (cow's) milk based or soy-based isolate. Milk based protein contains whey (soluble portion-easier to digest) and casein (insoluble portion-can be a source of curd formation in stomach). Human milk's primary protein is whey; the whey-to-casein ratio changes from 70:30 to 80:20 (in early lactation) to 50:50 (in later lactation)<sup>2</sup>.</li> <li>• Carbohydrates (CHO) sources from lactose (in cow's milk) or from corn syrup solids.</li> <li>• Fats are primarily from vegetable oils. Human milk fat contains essential fatty acids that convert into docosahexaenoic acid (DHA) and arachidonic acid (ARA)<sup>2</sup>. DHA and/or ARA are added to infant formulas, marketed as beneficial for cognitive and eye development. Also, may add milk fat globule membrane (MFGM) components, similar to those in breastmilk, for cognitive development.</li> <li>• Prebiotics may or may not be added, marketed as supporting immune health and by</li> </ul>	Enfamil Infant (Mead Johnson)	20	<ul style="list-style-type: none"> <li>• Milk-based (cow's milk), iron-fortified, routine formula for full term infants 0-12 months</li> <li>• 60:40 whey-to-casein ratio</li> <li>• Added DHA &amp; ARA; GOS &amp; PDX</li> </ul>
	Enfamil Infant NeuroPro RTF/RTU* (Mead Johnson)	20	<ul style="list-style-type: none"> <li>• Milk-based (cow's milk), iron-fortified, indicated for full term infants 0-12 months</li> <li>• 65:35 whey-to-casein ratio</li> <li>• Added DHA, ARA &amp; MFGM; GOS, PDX and 2'-FL HMO</li> </ul>
	Enfamil Gentlease (Mead Johnson)	20	<ul style="list-style-type: none"> <li>• Milk-based (cow's milk) infant formula with partially broken-down proteins, designed to reduce fussiness, gas, and crying within 24 hrs</li> <li>• 60:40 whey-to-casein ratio and 20% CHO from lactose</li> <li>• Added DHA &amp; ARA</li> </ul>
	Enfamil Gentlease NeuroPro RTF/RTU* (Mead Johnson)	20	<ul style="list-style-type: none"> <li>• Milk-based (cow's milk) infant formula with partially broken-down proteins, designed to ease fussiness, crying, gas and spit-up</li> <li>• 60:40 whey-to-casein ratio prior to partial hydrolyzation; reduced lactose</li> <li>• Added DHA, ARA &amp; MFGM; 2'-FL HMO</li> </ul>
	Enfamil Reguline (Mead Johnson)	20	<ul style="list-style-type: none"> <li>• Milk-based (cow's milk) infant formula designed to support gut health and promote soft stools</li> <li>• 60:40 whey-to-casein ratio; partially hydrolyzed proteins and 50% CHO from lactose</li> <li>• Added DHA &amp; ARA; GOS &amp; PDX</li> </ul>

IL WIC Contract Formula Products & Characteristics 11.2023 1



# CONTRACT FORMULAS: ENFAMIL INFANT

- Standard cow's milk-based formula
- Designed for Infants birth to 12 months
- Whey-to-casein ratio is 60:40
- Carbohydrate = Lactose
- Prebiotics added
- Forms: Powder, Concentrate and RTF\*
- Food Package Tables for WIC allowed containers and/or can size

\* *RTF may only be issued per policy*



# CONTRACT FORMULAS: ENFAMIL GENTLEASE

- Cow's milk-based formula
- Protein partially hydrolyzed or broken down to assist in digestion process
- Less lactose
  - 80% corn syrup solids and 20% lactose
- Forms: Powder
- Food Package Tables for WIC can size



# NEUROPRO RTF PRODUCTS: INFANT/GENTLEASE

- Policy stands when these products in RTF/RTU form can be issued
- Products do not qualify for *formula only available in RTF* rationale
- Formulary is determined in part based on container size
  - WIC approved sizes – determine what is on the formulary ... WIC has specifics surrounding this
  - NEUROPRO products not offered in powder or concentrate forms on the current IL WIC Formulary
  - Example: Gentlease NeuroPro powder is currently available in a 19.5 oz tub, based on the sizes on the Formulary/Food package table, this is not an allowable size



# CONTRACT FORMULAS: ENFAMIL REGULINE

- Cow's milk-based formula
- Protein partially hydrolyzed or broken down to assist in digestion process
- Prebiotic blend has 2 prebiotics added for digestive health and promotes soft stools
- Form: Powder
- Food Package Tables for WIC allowed can size



# CONTRACT FORMULAS: ENFAMIL PROSOBEE

- Infant soy protein isolate based formula
- Milk (whey, casein) and lactose free
- Forms: Powder, Concentrate, and RTF\*
  - Powder form does not contain carrageenan, for infant with galactosemia (rare metabolic disorder; the infant's medical provider should advise on which formula for this genetic condition)
- Food Package Tables for WIC allowed containers and/ or can size

\* RTF may only be issued per policy





# CONTRACT FORMULAS: ENFAMIL AR

- Cow's milk-based for full term infants
- Lactose & rice starch added to thicken once formula is in stomach
  - WIC does not recommend adding dry infant cereal to standard infant formula
- 20:80 whey:casein ratio
- Form: Powder
- Food Package Tables for WIC allowed can size
- Manufacturer Mixing instructions (found on can):
  - Allow to sit for 5 minutes after mixing



# FORMULA PREPARATION GUIDELINES

## Formula Forms:

- **Concentrate & RTF** are sterile products, as a result of canning process
- **Powder** is not a sterile product; per USDA safe for infant use
  - Doctor may avoid risk of *Enterobacter sakazakii* bacteria and request RTF formula for a premature infant or infant with medical condition

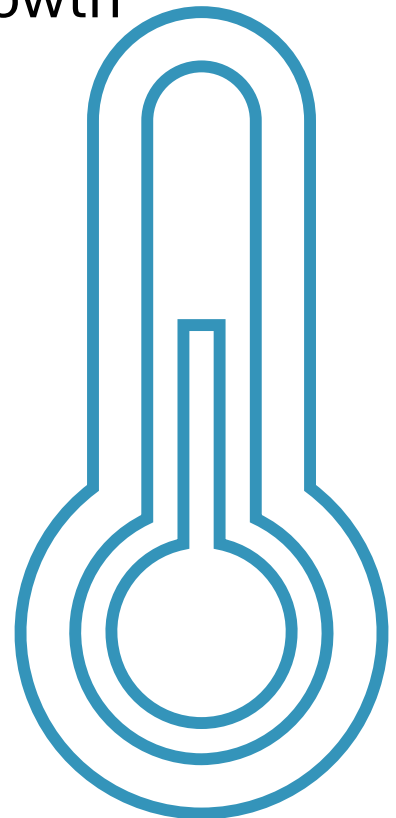
## Mixing Guidance:

- **Follow manufacturer's instructions on product container**
  - Any additional Health Care Provider's guidance
- **Educate on proper food safety practices for bottle feeding**
  - Ensure bottles and nipples are clean; handwashing, etc.
  - Use a safe water source including tap or bottled water
  - Watch the "use by date" and discard if past this date



# FORMULA STORAGE


- **Powdered infant formula, especially, should be stored in a cool, dry place**
  - Keeping cans of formula in a hot car could potentially cause bacterial growth
- **Use prepared refrigerated formula within 24 hours**
- **Unrefrigerated formula should be used within 2 hours or thrown away**
- **Once the feeding begins, the formula should be fed within 1 hour or thrown away**



# HANDOUTS: FORMULA PREPARATION GUIDES

\* Based on type of formula- be familiar with each handout's content \*  
\* RTF/RTU policy stands \* Nutrition Assessment Guide (Infant) for assessment questions \*

## HOW TO PREPARE AND STORE **POWDERED** INFANT FORMULA



**ARE YOU FEEDING YOUR BABY POWDERED INFANT FORMULA?**  
Follow these steps to prepare and store your infant formula safely and correctly.

**STEP 1**  
Make sure the formula is **not expired** and the container is in **good condition** (no dents, puffy ends, or rust spots).

**STEP 2**  
Wash your hands and clean the countertops with soap and warm water before preparing bottles. Use a clean bottle and nipple.

**STEP 3**  
Use water from a safe source to mix with formula. Tap water is usually safe, but contact your local health department if you are not sure.

**STEP 4**  
Use the exact amount of water and formula listed on the instructions of the infant formula container. **Always measure the water first and then add the infant formula powder. NEVER dilute formula** by adding extra water. This can make your baby sick.

**STEP 5**  
Shake infant formula in the bottle to mix. Do not stir.


**STEP 6**  
**You do not need to warm infant formula before feeding.** If you decide to warm the formula, place the bottle under running warm water or into a bowl of warm water for a few minutes. Avoid getting water into the bottle or nipple. This could contaminate the prepared formula. Test the temperature of the formula before feeding it to your baby by putting a few drops on the inside of your wrist. **It should feel warm, not hot. Never warm infant formula in a microwave. Microwaving creates hot spots, which can burn your baby's mouth.**

**STEP 7**  
After feeding, be sure to **thoroughly clean the bottle and nipple before the next use.**

To learn about cleaning and sanitizing infant feeding items, visit <https://go.usa.gov/xpg4F>

To learn about infant formula feeding, visit <https://tinyurl.com/2apdfedh>

## HOW TO PREPARE AND STORE **CONCENTRATE** INFANT FORMULA



**ARE YOU FEEDING YOUR BABY CONCENTRATE INFANT FORMULA?**  
Follow these steps to prepare and store your infant formula safely and correctly.

**STEP 1**  
Make sure the formula is **not expired** and the container is in **good condition** (no dents, puffy ends, or rust spots).

**STEP 2**  
Wash your hands and clean the countertops with soap and warm water before preparing bottles. Use a clean bottle and nipple.

**STEP 3**  
Use water from a safe source to mix with formula. Tap water is usually safe, but contact your local health department if you are not sure.

**STEP 4**  
Shake formula can well and open. Add desired amount of water to the bottle. Add **equal** amount of concentrate formula.

**STEP 5**  
Shake infant formula in the bottle to mix.


**STEP 6**  
**You do not need to warm infant formula before feeding.** If you decide to warm the formula, place the bottle under running warm water or into a bowl of warm water for a few minutes. Avoid getting water into the bottle or nipple. This could contaminate the prepared formula. Test the temperature of the formula before feeding it to your baby by putting a few drops on the inside of your wrist. **It should feel warm, not hot. Never warm infant formula in a microwave. Microwaving creates hot spots, which can burn your baby's mouth.**

**STEP 7**  
After feeding, be sure to **thoroughly clean the bottle and nipple before the next use.**

To learn about cleaning and sanitizing infant feeding items, visit <https://go.usa.gov/xpg4F>

To learn about infant formula feeding, visit <https://tinyurl.com/2apdfedh>

## HOW TO PREPARE AND STORE **READY-TO-FEED** INFANT FORMULA



**ARE YOU FEEDING YOUR BABY READY-TO-FEED INFANT FORMULA?**  
Follow these steps to prepare and store your infant formula safely and correctly.

**STEP 1**  
Make sure the formula is **not expired** and the container is in **good condition** (no dents, puffy ends, or rust spots).

**STEP 2**  
Wash your hands and clean the countertops with soap and warm water before preparing bottles. Use a clean bottle and nipple.

**STEP 3**  
Shake formula can well and open.

**STEP 4**  
Add desired amount of formula to bottle.

**STEP 5**  
**You do not need to warm infant formula before feeding.** If you decide to warm the formula, place the bottle under running warm water or into a bowl of warm water for a few minutes. Avoid getting water into the bottle or nipple. This could contaminate the prepared formula. Test the temperature of the formula before feeding it to your baby by putting a few drops on the inside of your wrist. **It should feel warm, not hot. Never warm infant formula in a microwave. Microwaving creates hot spots, which can burn your baby's mouth.**

**STEP 6**  
After feeding, be sure to **thoroughly clean the bottle and nipple before the next use.**

To learn about cleaning and sanitizing infant feeding items, visit <https://go.usa.gov/xpg4F>

To learn about infant formula feeding, visit <https://tinyurl.com/2apdfedh>

# WIC DOES NOT PROVIDE MNT



- WIC does not provide Medical Nutrition Therapy (MNT)
- An example of this may be if an Infant has higher calorie needs per medical condition
  - Responsibility of the Health Care Provider to **prescribe** and **instruct** on proper mixing formula to a higher calorie amount and infant should be monitored!
- Infant formulas composition mixed correctly meets most infant's needs
  - Renal Solute Load (RSL) of Human Milk and Formula (as noted)
  - Whole cow's milk is much higher and should not be started as an Infant  
*(more on this, reviewed on the next slide)*
- Improper Formula mixing
  - Over diluted = inadequate calories, protein, nutrients
  - Under diluted = concentrated calories and protein, increases the RSL

Renal Solute Load	
Human Milk	93
Formula	135
Whole Cow's Milk	308

# WHAT'S THE PROBLEM WITH COW'S MILK?

## Infants less than 1 year:

- Cannot digest cow's milk as completely or easily as human milk and formula.
- Cow's milk does not contain the right amount of nutrients:
  - Too much protein and minerals leading to stress on the kidneys
  - Too little iron, vitamin C and other nutrients important for an infant's rapid growth
- Can cause irritation to the stomach and intestines, leading to loss of blood in the stools and iron-deficiency anemia.



# PICKY EATERS & GROWTH CONCERNS

## *What to do when Parent wants 'PediaSure' for a Picky Eater?*

- Educate on the Division of Responsibility:
  - Handout **Feeding Children the Right Message**
  - Division of Responsibility is:
    - Parent/caregivers decides:  
What, when and where of feeding
    - Child decides:  
How much and whether to eat
- Share ideas for boosting calories in foods, if needed
  - PediaSure is only offered on WIC for medically fragile children

State of Illinois  
Department of Human Services

### Feeding Children the Right Message

Cook together, eat together, and make mealtime a family time!

Parents/caregivers decide the what, when and where of feeding.

**This means that you can:**

- Have sit-down meals and snacks at about the same time each day
- Eat with your child, talk about fun and happy things at mealtime
- Focus on each other at the table, turn off the television, and take phone calls later
- Offer the same foods for everyone
- Teach by example - eat vegetables, fruits, and whole grains with your meals and snacks
- Let your child 2 years and older, serve him self
- Let your child decide how much to eat - avoid food battles and bribery
- Go shopping together; teach your child about food and nutrition
- Reward with attention, hugs and kisses, not food



**Your child also has some responsibilities, he can decide how much and whether to eat.**

**This means your children can:**

- Decide whether or not to eat
- Decide how much to eat
- Eat a variety of foods
- Make do with less favorite foods
- Be pleasant at the table
- Stay seated at the table during snack and mealtime
- Grow the way nature intended



**IDS** **WIC** This institution is an equal opportunity provider.  
©2012-2014 (11-2014) Feeding Children the Right Message. For more information, visit [www.illinois.gov](http://www.illinois.gov)

# INFANT FEEDING EDUCATIONAL HANDOUTS

*What handouts can I use to assist in providing education related to Infant formula feeding?*

- Handout: **'IDHS Feeding your Baby 0-12 months'**
- Handout: **'IDHS Feeding Your Newborn'**
- Handout: **'IDHS Paced Feeding'**
- Handout: **'IDHS Time for a Cup'**
- Handout: **'IDHS Next Foods'**

Ask your WIC Supervisor/Coordinator for these handouts!





# INFANT $\geq$ 6 MONTHS & NO FOODS/FORMULA ONLY

Infants over the age of 6 months prescribed 'formula only' (contract or MPF) are allowed the quantity of formula to continue that is offered at 4-5 months of age; however, there must be a MPF form on file and the medical condition documented on the Infant's MIS Health screen to *Assign 4-5 mo. Pkg* (checkbox option)- a CPA trained on MPF must review/assign the package

\* Certification Complete      \* Completed By: NANCE, JENNIFER

Base Day: 19th      Frequency: 3

Assign 4-5 mo Pkg       Prescription Formula  
 No Formula       Contract

<u>Medical Condition</u>	Fish	Egg	Soy	Inadequate Storage
Milk (Lactose)	Peanut	Wheat	Kosher	
Milk (Allergy)	Shellfish	Tree nuts	Other	

Description      Effect Date      End Date      Disable      Note      Created      Last Modifi

https://qailwic.dhs.illinois.gov/?fIFAIyRDZnBwSWQ9MSZEZXNjcmldwGlVbj1DdXN0b20gLSBJTkZBTIQsIEZVT - Micros...

**Food Package:** Custom - INFANT, FULLY FORMULA, 4-5 MONTH

Quantity	Package Size	Description
10.00	CTR	Enfamil Infant Powder

# WIC STORE TYPES

There are 3 store types available to families when it comes to redeeming WIC benefits:

- **All Formulas Only NO FOOD**

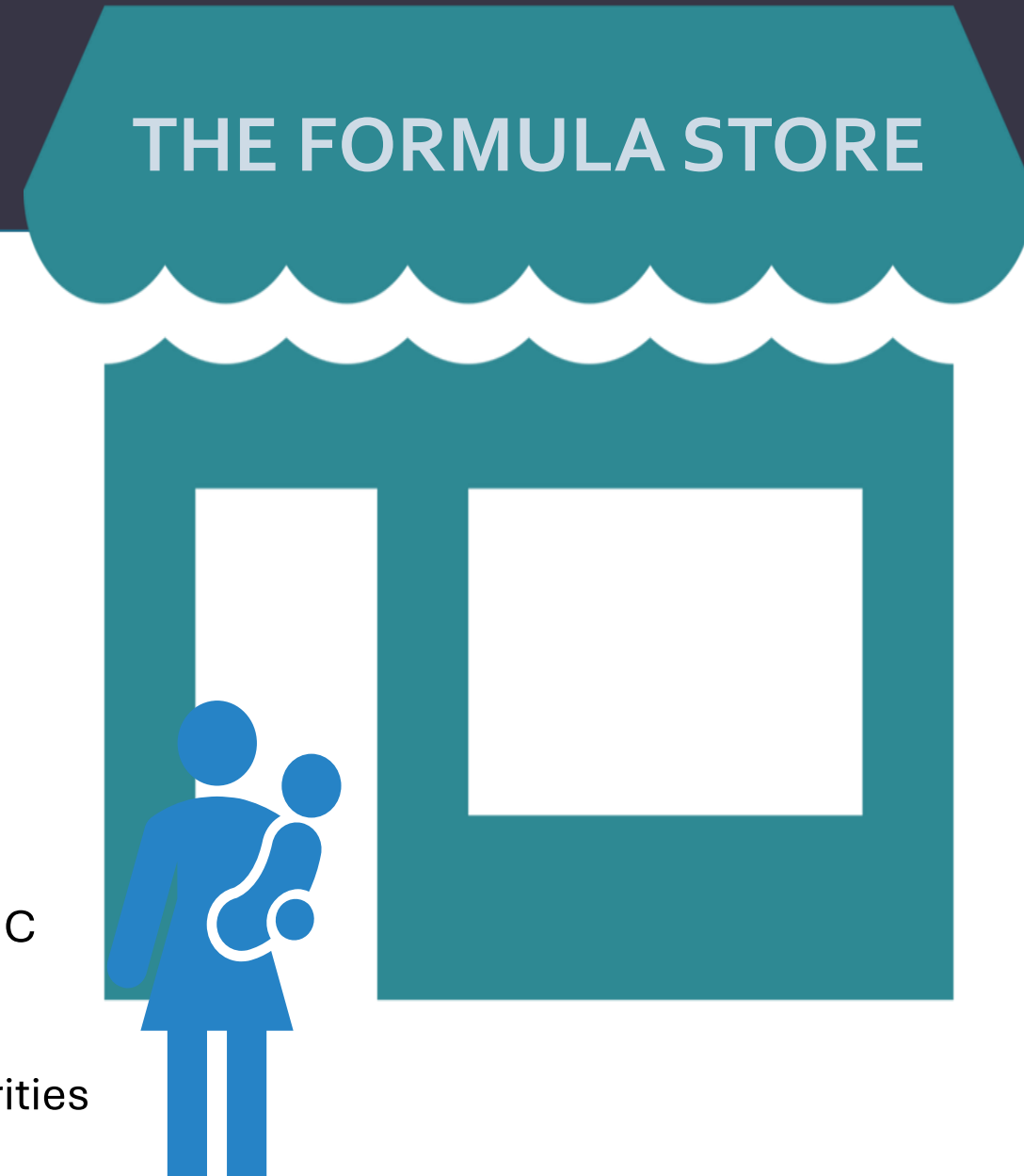
- Pharmacy vendors where Contract or MPF formulas are available only (i.e. Walgreens, CVS)

- **WIC Foods & Contract Formula Only**

- WIC Grocery vendors where WIC foods and only Contract formulas are available (i.e. non-chain/full-line grocery stores)

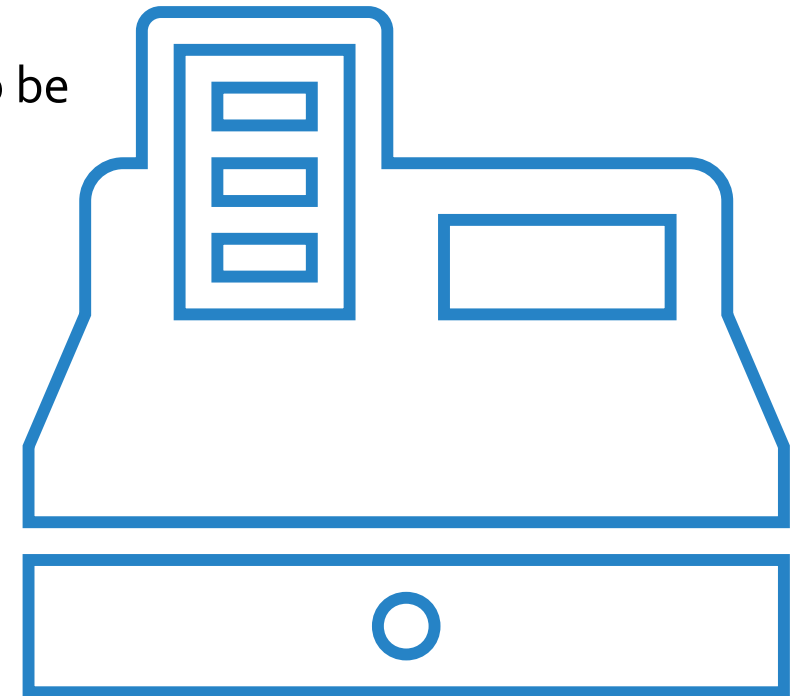
- **All WIC Eligible Products**

- WIC Grocery and Food Center vendors where all eligible WIC products are available (formula and foods)
- Commissaries- located with military bases
- WIC Food Centers- Chicago area only, ran by Catholic Charities (i.e. Wal-Mart Supercenter, Target, Jewel)



# EDUCATION ON INFANT FORMULA BENEFITS

- **Shop at an approved WIC Vendor**
  - Review agency WIC Vendor list, what are the vendor store types in your area to educate families to shop for Contract formulas?
  - In a rural setting, some less common Contract formulas may need to be purchased through WIC Pharmacy if not found in Grocery Vendor
- **Educate on specific formula name & container size**
- **Initially, purchase only 1 can (minimal amount) until tolerance of the formula is determined**
- **WIC Formula cannot be exchanged or returned**
- **Review Participant Rights and Responsibilities**
  - WIC Program Explanation ([PPS: WIC Program Explanation \(WPE\)](#))
  - Inside WIC ID Card, including no selling WIC (formula) benefits



# DON'T FORGET...

## **Verify the Formula assigned/issued is correct**

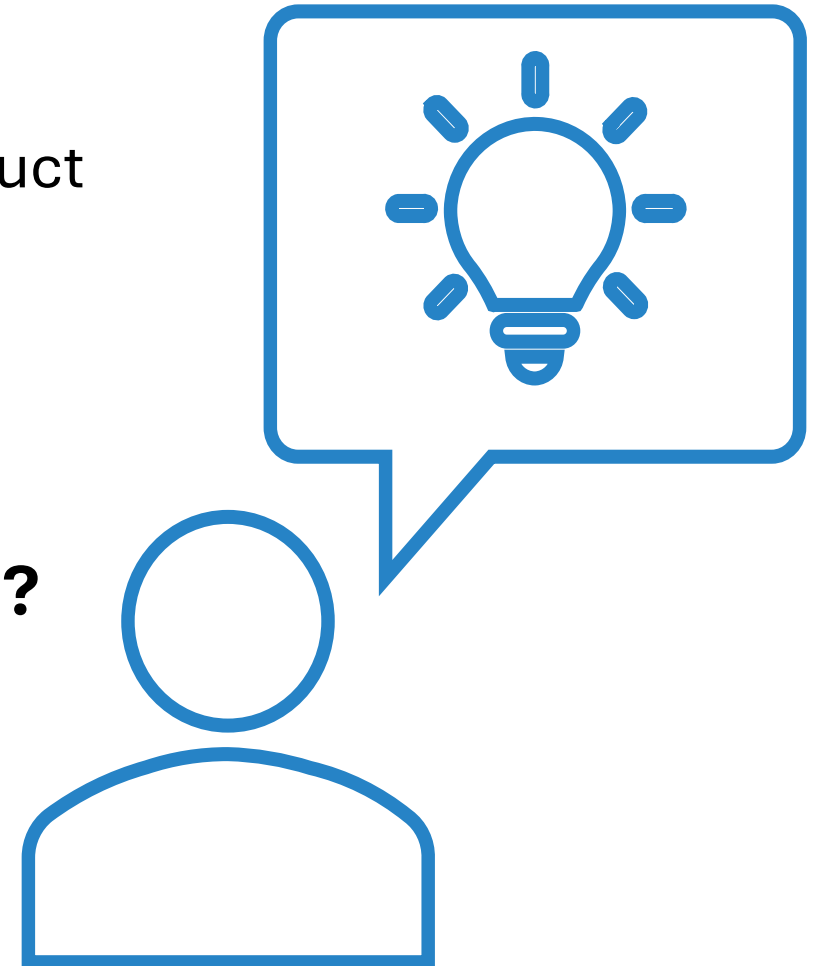
- CPA must review the Family Shopping List with all Participants to educate as well as confirm correct product and form has been issued

## **Does the family know where to shop?**

- Provide the agency WIC Vendor List

## **Do they know how to redeem/use their Benefits?**

- Accurate product name
- Accurate can size
- Follow Shopping List
- Quantity allowed & work w/ Vendor



# WIC RESOURCES: INFANT FEEDING BASICS

## USDA Infant Nutrition and Feeding Guide

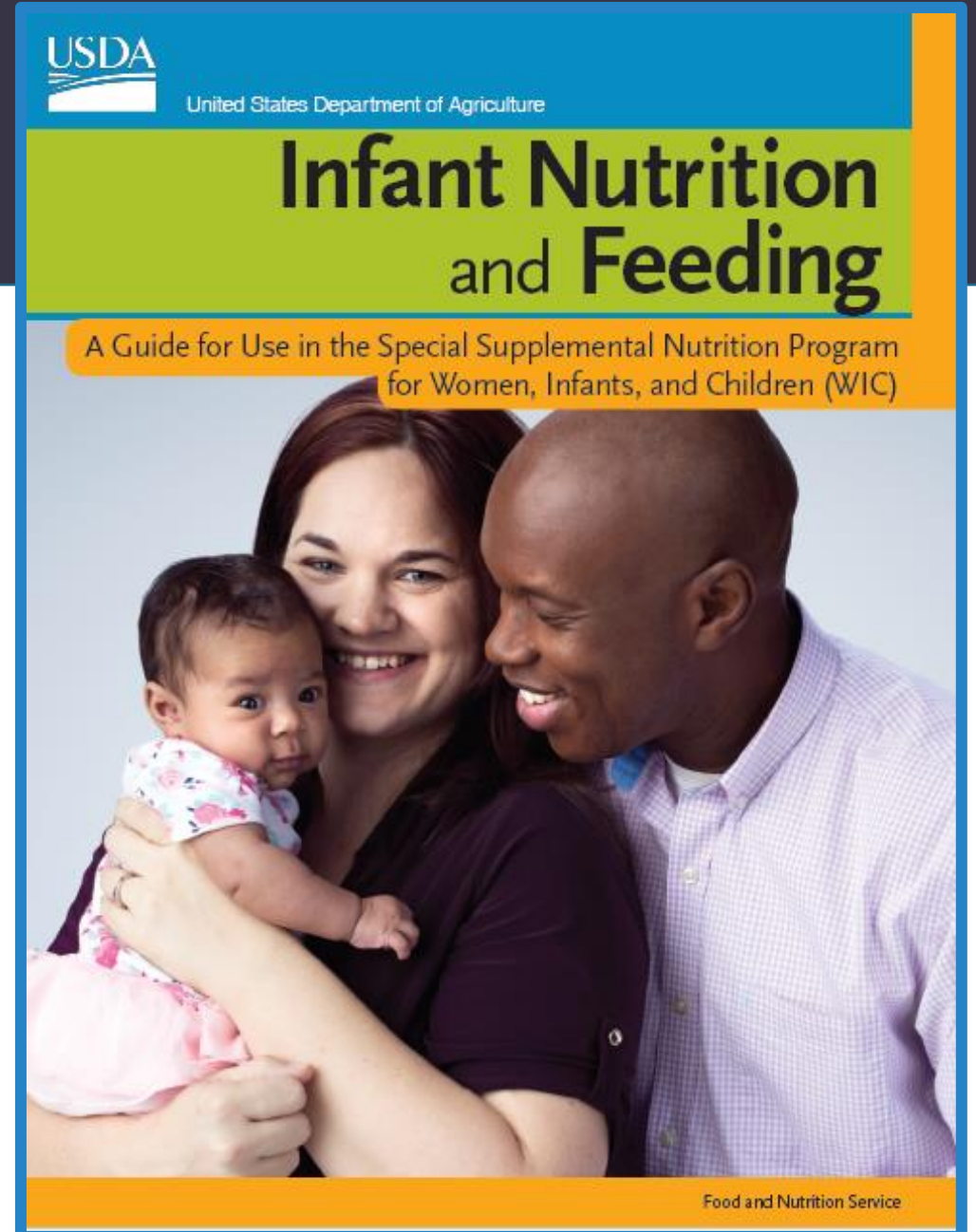
<https://tinyurl.com/5fabrm4s>

- Available on USDA WIC Works website
- Infant Formula Chapter 4

## WIC Works Learning Online Modules:

<https://bit.ly/3rCVkDC>

- “Feeding Infants: Nourishing Attitudes and Techniques”
- “WIC Baby Behavior”



# CPA COMPETENCIES:

## ISSUING FORMULA PRODUCTS



Thank you for completing the Self-Study Module!

Please ask your WIC Coordinator/Supervisor to review your worksheet with the Answer Key and discuss any questions or clarification needed.