

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.D.4.a)

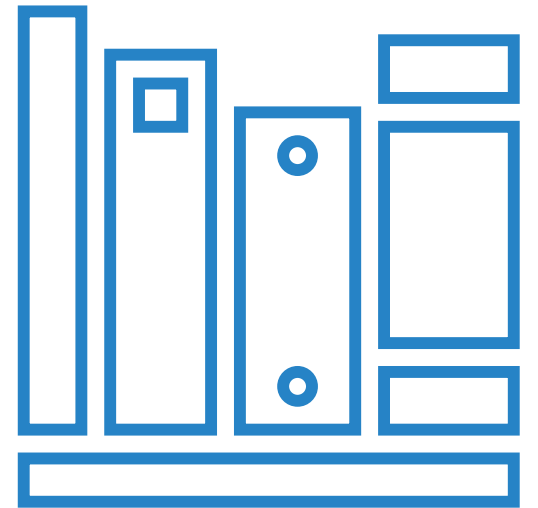
CPA COMPETENCY:

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 2025

The WIC Program promotes and supports breastfeeding as the normative standard for infant feeding and nutrition. WIC recognizes some infants and children will need formula to treat complex medical conditions. WIC provides support, counseling, and other WIC foods when appropriate but does not provide all therapeutic formulas that may be needed. Below is a listing of the formulas currently provided through the Illinois WIC program.

For those with a current medical card, the Illinois Department of Healthcare and Family Services (HFS) may pay for therapeutic formulas not covered by WIC and should be referred to a Durable Medical Equipment provider for assistance.

Ready to Feed (RTF) products may only be issued in cases where there is unsanitary or restricted water supply, poor refrigeration, when the caregiver has difficulty correctly preparing powder or concentrate formula, physician deems medically necessary for an infant born prematurely or when RTF is the only available option. Branded designations or marketing descriptors such as “NeuroPro” used by formula manufacturers does not indicate a significant difference in formulation that qualifies the product for RTF issuance.

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
Enfamil Gentlease	9	10	7	10	12.4	Powder
Enfamil NeuroPro Gentlease	26	28	20	28	32	RTF
Enfamil Reguline	9	10	7	10	12.4	Powder
Enfamil ProSobee	9	10	7	9	12.9	Powder
	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
Premature & Transitional							
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
Casein Hydrolysates							
Similac Alimentum	10	11	8	10	12.1	Powder	NA
	26	28	20	28	32	RTF	NA
Nutramigen with Probiotic LGG	10	11	8	10	12.6	Powder	NA
Nutramigen	26	28	20	28	32	RTF	NA
Nutrient Dense							
PediaSure No Fiber	NA	NA	NA	18 (6-pks)	8	RTF	All Flavors
With Fiber				18 (6-pks)	8		All Flavors

This institution is an equal opportunity provider.

IL WIC Formulary July 2025

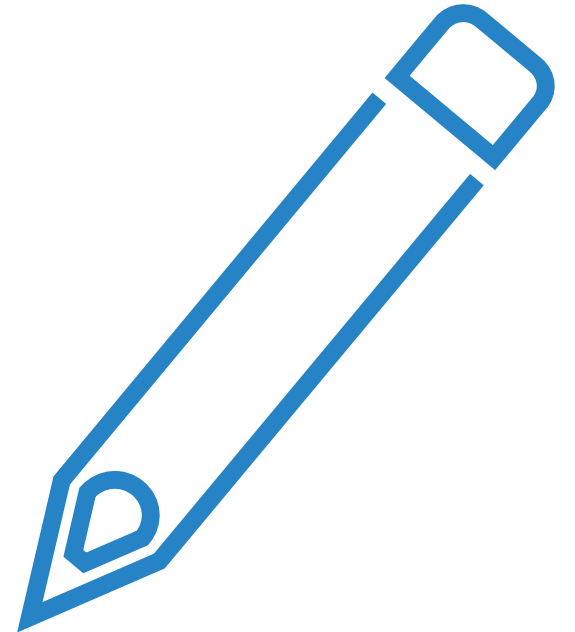
(IL WIC PM SFD 5 addendum)

<http://bit.ly/46chUsi>

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*)
Note: risk factors supporting issuance of RTF are to be assigned in the WIC MIS (I-WIC) where applicable
- Documentation of education, goal, and future plan(s)



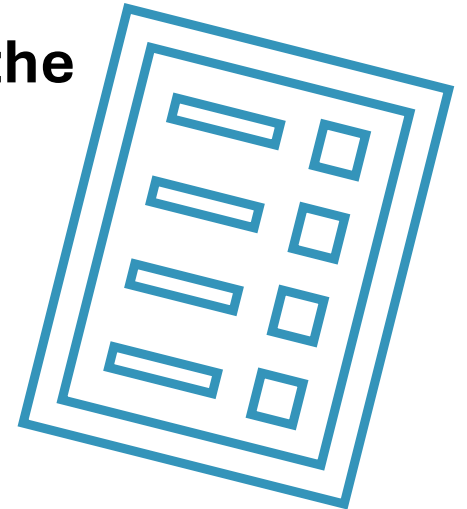
CPA COMPETENCIES:

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 Core Food Packages 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.) SoothePro (part. Hydrolyz. Pro.)
Gentlease*	Sensitive (lower lactose)	
ProSobee	Soy Isomil	Gentle Soy
AR	for Spit-up	-----

The current 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 (offered 6-11 months)		
Fully Breastfed								
			0-5 months	6-11 months	Infant Cereal	Infant Fruits & Vegetables	Infant Meats	
WIC provides No formula			0	0	16 oz	32-4 oz containers ¹	16-2.5 oz containers	
Partial Breastfeeding (Mostly)								
Contract Formula:	Form	Size (oz)	0-3 months	4-5 months	6-11 months	Infant Cereal	Infant Fruit & Vegetables	Infant Meats
Enfamil Infant	powder	12.5 oz	1-4	1-5	1-4	8 oz	32-4 oz containers ¹	0
	concentrate	13	1-14	1-17	1-12			
Enfamil NeuroPro Infant	RTF ^{2,3}	32	1-12	1-14	1-10			
Enfamil Gentlease	powder	12.4 oz	1-4	1-5	1-4			
Enfamil NeuroPro Gentlease	RTF ^{2,3}	32 oz	1-12	1-14	1-10			
Enfamil Reguline	powder	12.4 oz	1-4	1-5	1-4			
	powder	12.9 oz	1-4	1-5	1-4			
Enfamil ProSobee	concentrate	13	1-14	1-17	1-12			
	RTF ²	32	1-12	1-14	1-10			
Enfamil AR	powder	12.9 oz	1-4	1-5	1-4			
Full Formula or Partial Breastfeeding (Some)								
Contract Formula:	Form	Size (oz)	0-3 months	4-5 months	6-11 months	Infant Cereal	Infant Fruits & Vegetables	Infant Meats
Enfamil Infant	powder	12.5 oz	5-9	6-10	5-7	8 oz	32-4 oz containers ¹	0
	concentrate	13	15-31	18-34	13-24			
Enfamil NeuroPro Infant	RTF ^{2,3}	32	13-26	15-28	11-20			
Enfamil Gentlease	powder	12.4 oz	5-9	6-10	5-7			
Enfamil NeuroPro Gentlease	RTF ^{2,3}	32 oz	13-26	15-28	11-20			
Enfamil Reguline	powder	12.4 oz	5-9	6-10	5-7			
	powder	12.9 oz	5-9	6-10	5-7			
Enfamil ProSobee	concentrate	13	15-31	18-34	13-24			
	RTF ²	32	13-26	15-28	11-20			
Enfamil AR	powder	12.9 oz	5-9	6-10	5-7			

¹ Infants 6-11 months may substitute a portion or all the jarred infant fruits and vegetables with a cash-value benefit (CVB):

- 64oz (16-4oz containers) of jarred infant fruits and vegetables for a \$11 CVB or 128oz (32-4 oz containers) of jarred infant fruits and vegetables for a \$22 CVB.

² RTF/RTU formula must meet policy requirements to be issued, refer to policy and document need.

³ Product does not meet "Formula only comes in RTF form" rationale for issuance.

R-05.21 Illinois WIC Food Package Tables October 2025

(IL WIC PM SFD 7 addendum)

<http://bit.ly/4mRjNzd>

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

- **Partially Breastfeeding (Mostly)**

- **0-11 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)

- **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

Utilize this resource to determine the amount of Breastfeeding and formula supplementation:

- Breastfeeding Assessment
- Food Packages to Support the Breastfeeding Dyad
- Summary of Breastfeeding Food Packages
- Food Package Changes
- Breastfeeding Support/Follow-up Contacts
- WIC Partial Breastfeeding Dyad Assessment
- WIC Breastfeeding Dyad Education: IBE/BE, IBP/IFF, BP
- I-WIC Reason Breastfeeding Ceased

Addendum 3 CPA Desktop Reference – not a participant handout

WIC Breastfeeding Dyad Education: IBE, BE

Addendum 2 CPA desktop reference, not a participant handout

WIC Partial Breastfeeding Dyad Assessment

- Offering excess formula to an infant can undermine the family's breastfeeding goals.
- WIC staff should tailor food packages and breastfeeding support to meet the needs of a breastfeeding dyad who supplement with formula.
- Use open-ended questions to assess the frequency of supplement use and goals for the next few months.
 - Tell me more about how you're using formula to feed your baby?

Example Assessment Questions

Frequency of Formula Use

- How many ounces are offered per bottle?
- How many ounces does baby drink per bottle?
- How many bottles of formula are offered per day?
- How many cans of formula are used each week or month?

Breastfeeding and Formula Use Goals

- Are there recommendations from the pediatrician?
- What are your goals for breastfeeding?
- Are there expected changes in formula use in next few weeks or months?
- Refer to DBE/IBCLC as needed or back to PC for support as available

Provide Education and Resources to Families

- Estimated 24-hour intake for infants aged 1 – 6 months is 24 – 30 ounces
- Paced bottle-feeding
- HUG Your Baby Digital Resources
- Feeding Your Baby 0-12 Months
- How Much Can My Infant Eat?
- Got Enough Milk? Yes You Do

Use the table below or USDA's Tailoring Calculator to assign the correct category and food package. <https://wicbreastfeeding.fns.usda.gov/tailoring-calculator> Remember, if a family is providing minimal formula to the infant and do not want formula from WIC should be marked as "no supplemental formula" on the Breastfeeding Status pop up and receive the fully breastfeeding food package. Staff should document the frequency of formula offered in case notes.

Partial Breastfeeding Food Package	Ounces of Formula per 24 hours	Cans of Formula per Month
Mostly	3 or less	1 can
Mostly	4-6	2 cans
Mostly	7-9	3 cans
Mostly	10-12	4 cans
Some/Limited	13-15	5 cans
Some/Limited	16-18	6 cans
Some/Limited	19-21	7 cans
Some/Limited	22-24	8 cans
Some/Limited	25 or more	9 cans

This table based on Illinois contract powdered infant formula

R- 08.25 NPS Breastfeeding



Feeding the Older Infant

- Starting solids
- Nursing
- Introducing a cup
- Teething

(IL WIC PM AD 10 addendum)

<http://bit.ly/4pPFYbC>

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)

Formula Category Information	Formula Name (Manufacturer)	Kcal/oz	Manufacturer Product Specific Characteristics
Contract Brand Formulas			
<ul style="list-style-type: none"> 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 life¹. 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)². Carbohydrates (CHO) sources from lactose (in cow's milk) or from corn syrup solids. Fats are primarily from vegetable oils. Human milk fat contains essential fatty acids that convert into docosahexaenoic acid (DHA) and arachidonic acid (ARA)². 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. Prebiotics may or may not be added, marketed as supporting immune health and by 	Enfamil Infant (Mead Johnson)	20	<ul style="list-style-type: none"> Milk-based (cow's milk), iron-fortified, routine formula for full term infants 0-12 months 60:40 whey-to-casein ratio Added DHA & ARA; GOS & PDX
	Enfamil Infant NeuroPro RTF/RTU* (Mead Johnson)	20	<ul style="list-style-type: none"> Milk-based (cow's milk), iron-fortified, indicated for full term infants 0-12 months 65:35 whey-to-casein ratio Added DHA, ARA & MFGM; GOS, PDX and 2'-FL HMO
	Enfamil Gentlease (Mead Johnson)	20	<ul style="list-style-type: none"> Milk-based (cow's milk) infant formula with partially broken-down proteins, designed to reduce fussiness, gas, and crying within 24 hrs 60:40 whey-to-casein ratio and 20% CHO from lactose Added DHA & ARA
	Enfamil Gentlease NeuroPro RTF/RTU* (Mead Johnson)	20	<ul style="list-style-type: none"> Milk-based (cow's milk) infant formula with partially broken-down proteins, designed to ease fussiness, crying, gas and spit-up 60:40 whey-to-casein ratio prior to partial hydrolyzation; reduced lactose Added DHA, ARA & MFGM; 2'-FL HMO
	Enfamil Reguline (Mead Johnson)	20	<ul style="list-style-type: none"> Milk-based (cow's milk) infant formula designed to support gut health and promote soft stools 60:40 whey-to-casein ratio; partially hydrolyzed proteins and 50% CHO from lactose Added DHA & ARA; GOS & PDX

Formula Name (Manufacturer)	Kcal/oz	Manufacturer Product Specific Characteristics
Enfamil ProSobee (Mead Johnson)	20	<ul style="list-style-type: none"> Plant-based formula indicated for routine feeding of infants with sensitivity to milk-based formula solids; lactose-free product Added DHA & ARA
Enfamil AR (Mead Johnson)	20	<ul style="list-style-type: none"> Thickened milk-based (cow's milk) infant formula designed to reduce spit-up. Flows through standard nipple and thickens when in an acidic environment, like the stomach Infants with uncomplicated gastroesophageal reflux (GER); may experience a reduction in regurgitation and choking/coughing* with this type of formula 20:80 whey-to-casein ratio; primary CHO is rice starch & lactose Added DHA & ARA; GOS & PDX Mixing-refer caregiver to follow can note to 'shake well, let bottle sit 5 min. shake again'

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, as a comparable powdered option is available
- 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: Infant NeuroPro powder is available in a 28.3 oz and 20.7 oz tub, based on the sizes on the Formulary/Food package table, this is not an allowable size



Enfamil® NeuroPro® Infant, Powder (28.3 oz can)

Item #: 472502
Unit Size: 28.3 oz can
Product Yield/Unit (fl oz): 202
HCPCS Code: B4158



Enfamil® NeuroPro® Infant, Powder (20.7 oz tub)

Item #: 472505
Unit Size: 20.7 oz tub
Product Yield/Unit (fl oz): 148
HCPCS Code: B4158

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

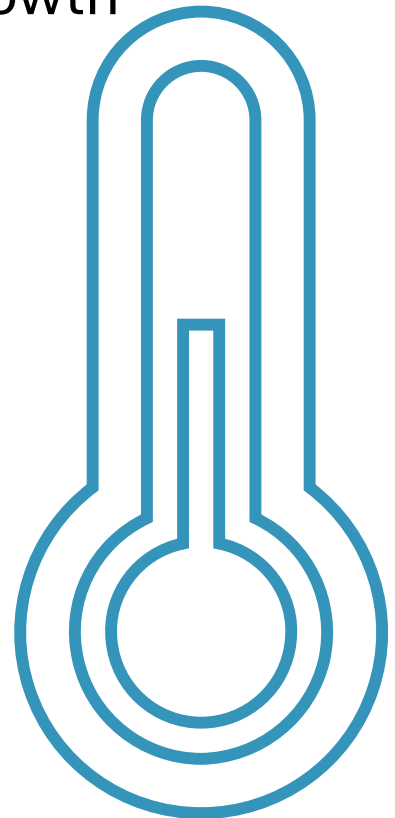
Mixing Guidance:

- **Follow manufacturer's instructions on product container**
 - Any additional Health Care Provider's guidance
 - Contact Formula Manufacturer if scoop is lost, until new can is opened
- **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 *

Available in English and Spanish with more languages to come!

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>

EXAMPLE: POWDER FORMULA CAN LABEL

Let's fuel the wonder.™

Enfamil® Infant is gentle nutrition tailored for infants 0-12 months. Enfamil Infant offers complete nutrition, making this a trusted choice for moms who formula feed and for those who supplement their breastfeeding.

Earn Enfamil Rewards Now
Plus exclusive offers, savings & surprises!
Enfamil.com/rewards




	Enfamil® NeuroPro®	Enfamil®
Expert-Recommended DHA for Brain Development	✓	✓
Triple Prebiotic Immune Blend including 2'-FL HMO (Human Milk Oligosaccharide) [§] for Immune Health <small>[§]Not from human milk</small>	✓	
MFGM Components composed of proteins and fat From Whey Protein Concentrate	✓	


When your baby is 12 months or older, why not try Enfagrow® Toddler Nutritional Drink?
Experts agree on the many benefits of breast milk. If you choose to use infant formula, ask your baby's doctor about Enfamil Infant.

Instructions for preparation & use


Your baby's health depends on carefully following the instructions below. Proper hygiene, preparation, dilution, use and storage are important when preparing infant formula. Powdered infant formulas are not sterile and should not be fed to premature infants or infants who might have immune problems unless directed and supervised by your baby's doctor. Ask your baby's doctor which formula is appropriate for your baby. Ask your baby's doctor about the need to use cooled, boiled water for mixing and the need to boil clean utensils, bottles and nipples in water before use.



1 Wash hands thoroughly with soap & water before preparing formula.



2 Pour desired amount of water into the bottle. Add powder.



3 Cap bottle and **SHAKE WELL.**

Use the chart below for correct amounts of water and powder. Use scoop in can to measure powder. Store **DRY** scoop in this can.

To Make ¹	Water	Powder
2 fl oz bottle	2 fl oz	1 unpacked level scoop (8.8 g)
4 fl oz bottle	4 fl oz	2 unpacked level scoops (17.6 g)
8 fl oz bottle	8 fl oz	4 unpacked level scoops (35.2 g)

¹Each scoop adds about 0.2 fl oz to the amount of prepared formula.

WARNING: Do not use a microwave oven to warm formula. Serious burns may result.

Failure to follow these instructions could result in severe harm. Once prepared, infant formula can spoil quickly. Either feed immediately or cover and store in refrigerator at 35-40°F (2-4°C) for no longer than 24 hours. Do not use prepared formula if it is unrefrigerated for more than a total of 2 hours. Do not freeze prepared formula. After feeding begins, use formula within one hour or discard.

Powder Storage: Store cans at room temperature. After opening can, keep tightly covered, store in dry area and use contents within 1 month. Do not freeze powder and avoid excessive heat.

USE BY DATE ON BOTTOM OF CAN

1. Food Safety/Sanitation

Proper handwashing and clean food preparation techniques

2. Directions for Mixing

Each formula has mixing instructions for oz to prepare and how much water and formula to mix

3. Do NOT microwave

Do not use microwave to warm formula/bottles

4. Storage/Feeding Guidance

Once formula is mixed, using proper food safety techniques to feed mixed formula

5. Powder storage & Use by Date

Proper storage of powder; not kept in heat, etc.

HANDOUT: WICHEALTH TO GO

* Additional resource available in multiple languages- it can be emailed, text or printed based off the WIC Families preferred method of receiving information*

wichealth to Go



CARING FOR YOUR BABY:
How to make a formula
bottle safely



Feeding your baby is a great time for bonding. It is also when your baby gets the nutrition and calories they need. Help your baby grow well and use formula safely with these ideas in mind:

How long does formula last?



Formula should be thrown away **1 HOUR** after your baby starts to drink from the bottle.
WHY? Bacteria start to grow when saliva mixes with formula, and this can make your baby sick.

How can I warm the formula?



- ✓ Warm the formula by placing the bottle in a bowl or cup of warm water. The formula should feel warm, not hot.
- ✓ Never use a microwave.

WHY? The liquid can have hot spots that can burn your baby's mouth.

WATER
Most tap water is safe, but you should get your water tested if you:

- ✱ Use well water. Some well water can contain harmful bacteria and nitrates.
- ✱ Live in older housing and have concerns about lead.



Wash hands, surfaces, bottles, and nipples before preparing formula.

POWDERED FORMULA

- ✓ Follow package instructions.
- ✓ Always use the scoop provided.
- ✓ Measure water first.
- ✓ Add powder to water.
- ✓ Stir to mix.

CONCENTRATED FORMULA

- ✓ Mix equal parts water and concentrated formula.
- ✓ Store opened formula containers in the refrigerator for up to 48 hours.
- ✓ Throw away unused concentrated formula 48 hours after opening.



Shaking the bottle creates bubbles that may make your baby gassy.



ALWAYS use the right amount of water when mixing formula.

- >> Adding too much water makes it so your baby does not get enough calories and nutrients.
- >> Adding too little water makes your baby's kidneys and digestive system work extra hard.

Caring For Your Baby: How to make a formula bottle safely - wichealth to Go

Resource Summary

Conversation Starters

Related Resources

- How do you tell when your baby is hungry or full?
- Tell me how you heat the water for your baby's bottle?
- Have you heard of paced bottle feeding?
- What do you do with an unfinished bottle?
- How do you store your formula?
- What questions do you have about preparing a formula bottle?

Select Language

English

[Open Resource](#) 

WIC DOES NOT PROVIDE MNT



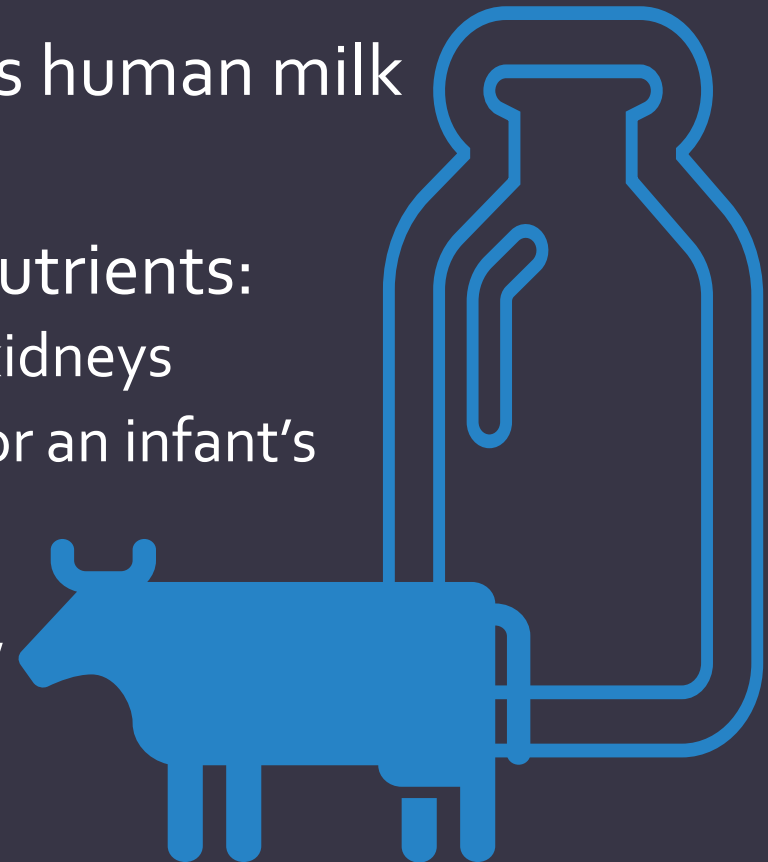
- WIC does not provide Medical Nutrition Therapy (MNT)
- An example of this may be if an Infant has higher calorie needs per medical condition
 - Responsibility of the Health Care Provider to **prescribe** and **instruct** on proper mixing formula to a higher calorie amount and infant should be monitored!
- 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.



WIC RESOURCES FOR STAFF & WIC FAMILIES: INFANT FEEDING BASICS/FORMULA

Resources for WIC Staff

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”

Resources for WIC Families

WIC Centralized Resource Library

<https://www.springfieldul.org/handouts>

- Tab for Infant handout options
- Ask your Supervisor/Coordinator for these

WIChealth.org:

<http://bit.ly/3Wlg1Dc>

- Resource Library
- wichealth To GO: Bottle Feeding category

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 ☐ No Formula ☐ Prescription Formula ☒ Contract

Medical Condition
Milk (Lactose)
Milk (Allergy)

Fish	Egg	Soy	Inadequate Storage
Peanut	Wheat	Kosher	
Shellfish	Treenuts	Other	

Description	Effect Date	End Date	Disable	Note	Created	Last Modified
-------------	-------------	----------	---------	------	---------	---------------

https://qailwic.dhs.illinois.gov/?fFAIyRDZnBwSWQ9MSZEZXNjcmlwdGlvbj1DdXN0b20gLSBJTkZBTIQsIEZVT - 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**

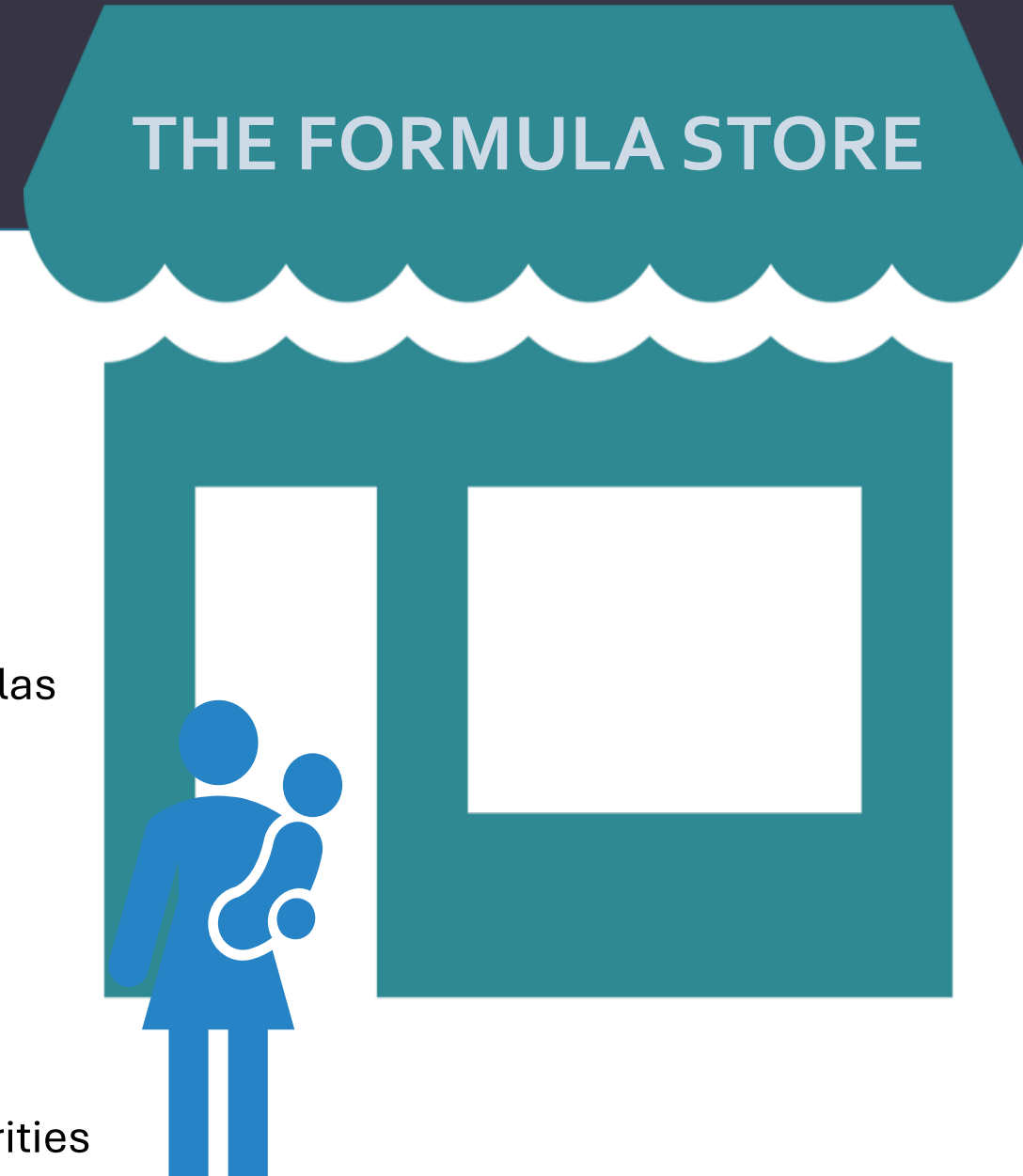
- Pharmacy- vendors where Contract or MPF formulas are available only (i.e. Walgreens, CVS)

- **WIC Foods & Contract Formula Only**

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

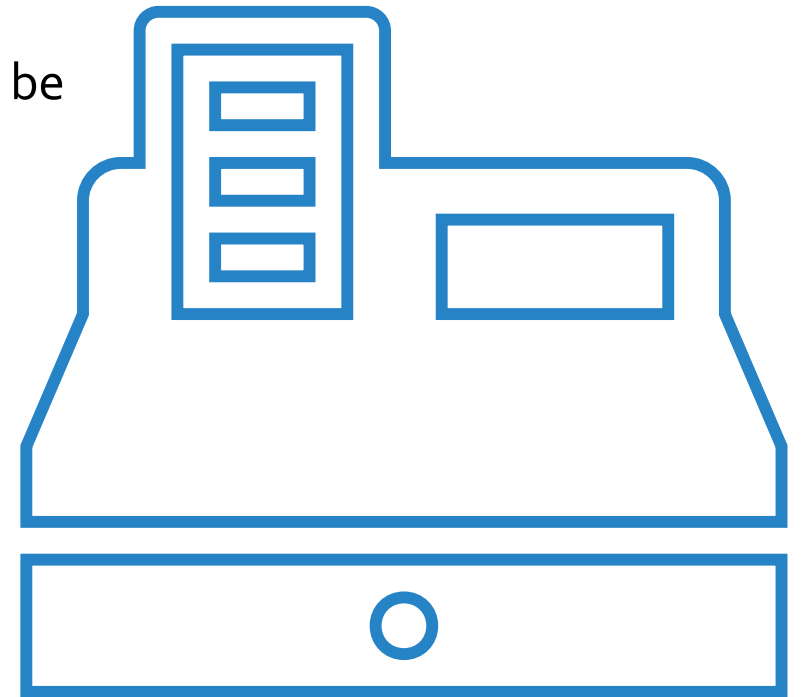
- **All WIC Eligible Products**

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



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 Grocer 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

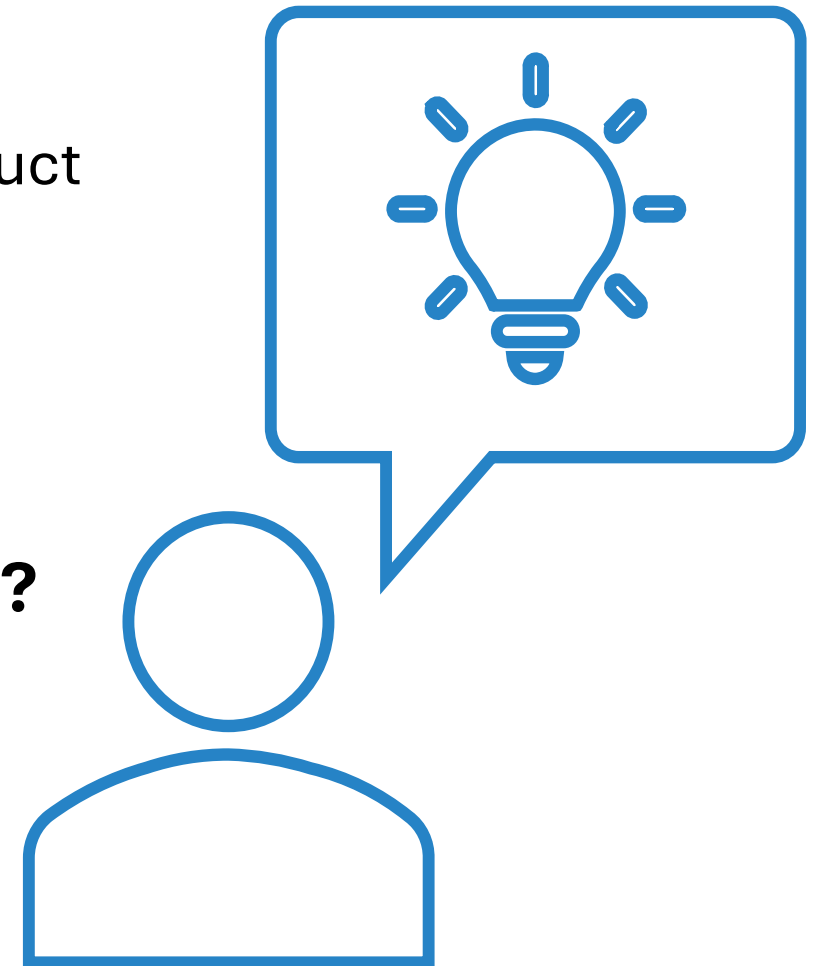
- CPA must review the Family Shopping List with all Participants to educate as well as confirm correct product and form has been issued

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 & working with Vendors



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.