

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)

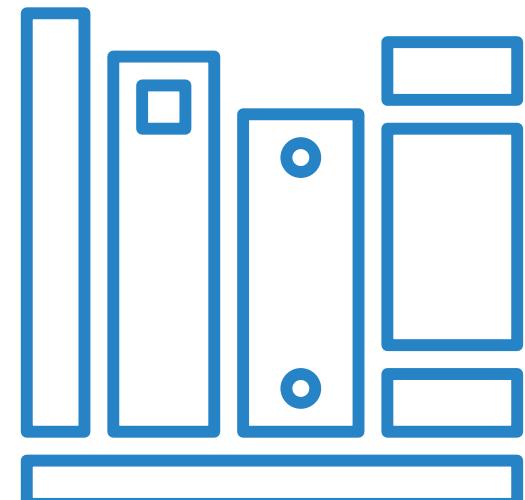
CPA COMPETENCY:

**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: February 1, 2026

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.

IL WIC is transitioning to allow participants the option to choose at the time of purchase, any of the powder contract formulas listed below.

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.

Contract Formula	0-3 months	4-5 months	6-12 months	> 1 year	Size (oz)	Form
Similac Advance	9	10	7	10	12.4	Powder
	31	34	24	35	13	Concentrate
	26	28	20	28	32	RTF
Similac Total Comfort	9	10	7	10	12.6	Powder
	9	10	7	10	12.4	Powder
	26	28	20	28	32	RTF
Similac Soy Isomil	31	34	24	35	13	Concentrate
	26	28	20	28	32	RTF
	9	10	7	9	12.5	Powder
Similac Sensitive	26	28	20	28	32	RTF

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
	26	28	20	28	32	RTF	NA
Nutrient Dense							
PediaSure No Fiber	NA	NA	NA	18 (6-pk)	8	RTF	All Flavors
With Fiber				18 (6-pk)	8		All Flavors

This institution is an equal opportunity provider.

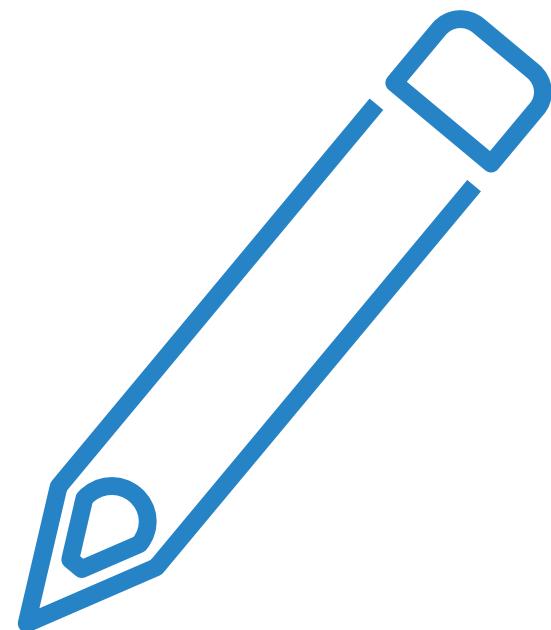
IL WIC Formulary February 2026

(IL WIC PM SFD 5 addendum)
<https://tinyurl.com/3u45eus8>

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)



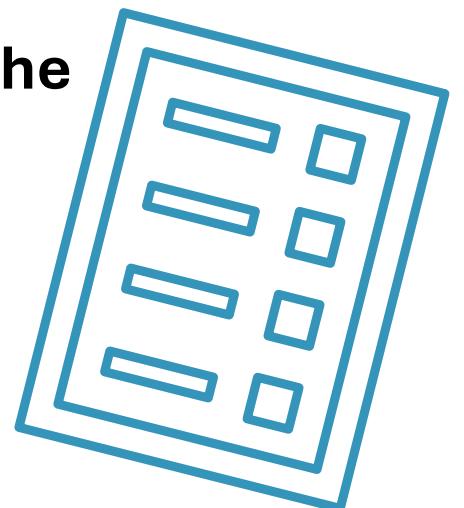
CPA COMPETENCIES:

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!)



Similac (Abbott)	Enfamil (Mead Johnson)	Gerber Good Start (Nestle)
Advance	Infant Reguline	Gentle
Total Comfort (part. Hydrolyz. Pro.) Sensitive (lower lactose)	Gentlease	GentlePro (part. Hydrolyz. Pro.) SoothePro (part. Hydrolyz. Pro.)
Soy Isomil	Prosobee	Gentle Soy
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The current IL WIC contract brand for formula is currently Abbott

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

IL WIC 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

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	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
Similac Advance	powder	12.4 oz	1-4	1-5	1-4		8 oz	32-4 oz containers ¹	0
	concentrate	13 oz	1-14	1-17	1-12				
	RTF ²	32 oz	1-12	1-14	1-10				
Similac Total Comfort	powder	12.6 oz	1-4	1-5	1-4		8 oz	32-4 oz containers ¹	0
	powder	12.4 oz	1-4	1-5	1-4				
	RTF ²	32 oz	1-12	1-14	1-10				
Similac Soy Isomil	concentrate	13 oz	1-14	1-17	1-12		8 oz	32-4 oz containers ¹	0
	RTF ²	32 oz	1-12	1-14	1-10				
	powder	12.5 oz	1-4	1-5	1-4				
Similac Sensitive	RTF ²	32 oz	1-12	1-14	1-10				
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
Similac Advance	powder	12.4 oz	5-9	6-10	5-7		8 oz	32-4 oz containers ¹	0
	concentrate	13 oz	15-31	18-34	13-24				
	RTF ²	32 oz	13-26	15-28	11-20				
Similac Total Comfort	powder	12.6 oz	5-9	6-10	5-7		8 oz	32-4 oz containers ¹	0
	powder	12.4 oz	5-9	6-10	5-7				
	RTF ²	32 oz	13-26	15-28	11-20				
Similac Soy Isomil	concentrate	13 oz	15-31	18-34	13-24		8 oz	32-4 oz containers ¹	0
	RTF ²	32 oz	13-26	15-28	11-20				
	powder	12.5 oz	5-9	6-10	5-7				
Similac Sensitive	RTF ²	32 oz	13-26	15-28	11-20				

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.

(IL WIC PM SFD 7 addendum)
<https://tinyurl.com/3u45eus8>

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.
- **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

WIC Breastfeeding Dyad Education: IBE, BE

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	Breastfeeding and Formula Use Goals
<ul style="list-style-type: none">• 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?	<ul style="list-style-type: none">• 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

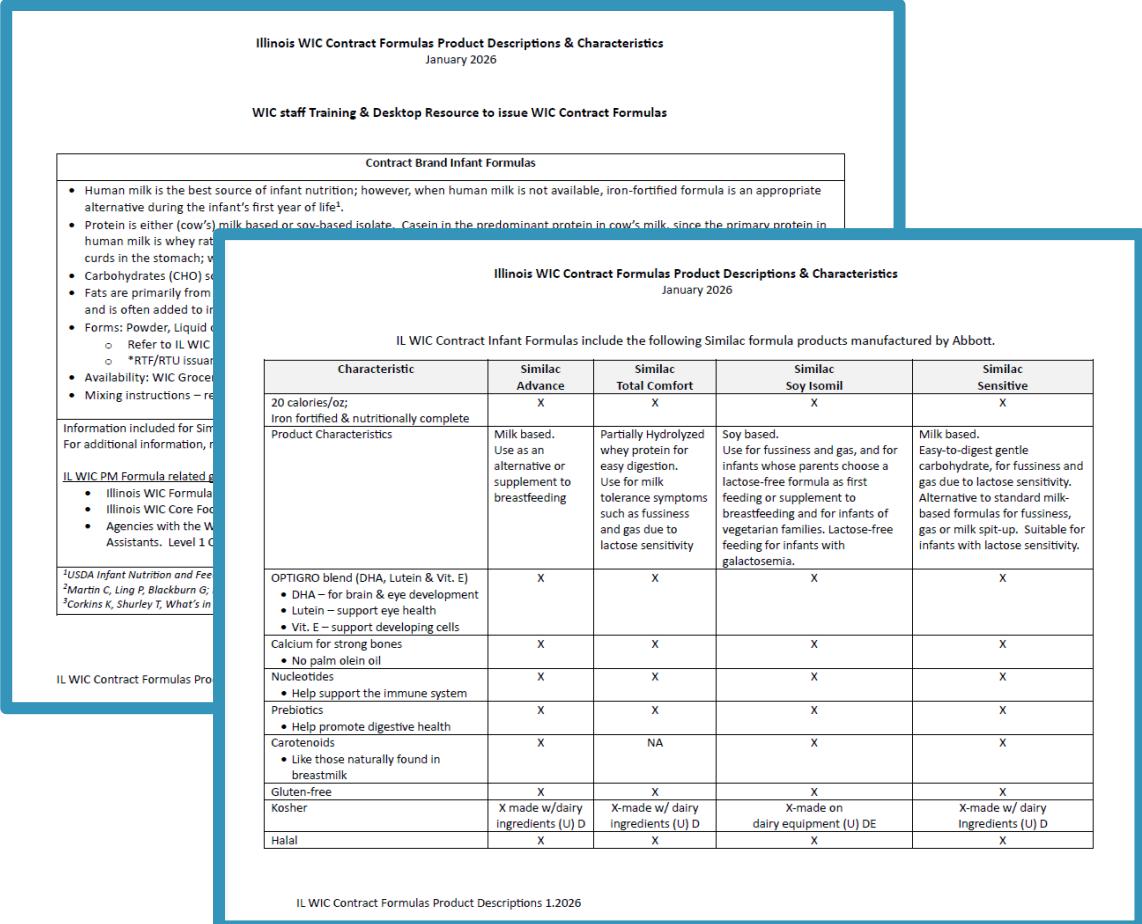
ou with breastfeeding

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oods
ing to Table foods
ough Milk? Yes You Do

(IL WIC PM AD 10 addendum)
<https://tinyurl.com/3u45eus8>

IL WIC Contract Formulas Product Descriptions and Characteristics

- Internal Training Document/Reference
- Formulas follow Formulary
- Composition and Product Characteristics
- CPA refer for Contract Formulas (2 pages)
 - Note: Medically Prescribed Formula guide is provided and addressed during CPA training on Introduction to MPF
- Information obtained from Abbott Representative and manufacturer's website



Illinois WIC Contract Formulas Product Descriptions & Characteristics
January 2026

WIC staff Training & Desktop Resource to issue WIC Contract Formulas

Contract Brand Infant Formulas

• 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.
• Protein is either (cow's) milk-based or soy-based isolate. Casein is the predominant protein in cow's milk, since the primary protein in human milk is whey rather than casein.
• Carbohydrates (CHO) source
• Fats are primarily from cow's milk, which is digested more easily than human milk. Fats are often added to infant formulas.
• Forms: Powder, Liquid or Ready-to-Feed (RTF)
• o Refer to IL WIC Formulary
• o *RTF/RTU issued by WIC
• Availability: WIC Grocery
• Mixing instructions – refer to WIC Formulary

Information included for Similac formulas:
For additional information, refer to the IL WIC PM Formula related page:
• Illinois WIC Formulary
• Illinois WIC Core Food List
• Agencies with the WIC Program
• WIC Nutrition Assistants. Level 1 Certified

USDA Infant Nutrition and Feeding Guide
• Martin C, Ling P, Blackburn G, et al. *What's in My Baby's Bottle?* Washington, DC: U.S. Department of Agriculture, 2000.

IL WIC Contract Formulas Product Descriptions & Characteristics
January 2026

IL WIC Contract Infant Formulas include the following Similac formula products manufactured by Abbott.

Characteristic	Similac Advance	Similac Total Comfort	Similac Soy Isomil	Similac Sensitive
20 calories/oz; Iron fortified & nutritionally complete	X	X	X	X
Product Characteristics	Milk based. Use as an alternative or supplement to breastfeeding	Partially Hydrolyzed whey protein for easy digestion. Use for milk tolerance symptoms such as fussiness and gas due to lactose sensitivity	Soy based. Use for fussiness and gas, and for infants whose parents choose a lactose-free formula as first feeding or supplement to breastfeeding and for infants of vegetarian families. Lactose-free feeding for infants with galactosemia.	Milk based. Easy-to-digest gentle carbohydrate, for fussiness and gas due to lactose sensitivity. Alternative to standard milk-based formulas for fussiness, gas or milk spit-up. Suitable for infants with lactose sensitivity.
OPTIGRO blend (DHA, Lutein & Vit. E)	X	X	X	X
Calcium for strong bones	X	X	X	X
Nucleotides	X	X	X	X
Prebiotics	X	X	X	X
Carotenoids	X	NA	X	X
Gluten-free	X	X	X	X
Kosher	X made w/dairy ingredients (U) D	X-made w/ dairy ingredients (U) D	X-made on dairy equipment (U) DE	X-made w/ dairy Ingredients (U) D
Halal	X	X	X	X

IL WIC Contract Formulas Product Descriptions 1.2026

CONTRACT FORMULAS: SIMILAC ADVANCE

- Cow's milk-based formula
- Use as an alternative or supplement to breastfeeding
- Gluten-free, Halal
Kosher; made with dairy ingredients
- Forms: Powder, Concentrate and RTF*
- Reference Formulary for WIC can size(s)



** RTF form may only be issued per policy*

CONTRACT FORMULAS: SIMILAC SENSITIVE

- Cow's milk-based formula
- Easy to digest gentle carbohydrate for fussiness and gas due to lactose sensitivity
- Alternative to standard milk-based formulas for fussiness, gas or milk spit-up
- Suitable for infants with lactose sensitivity
- Gluten-free, Halal
Kosher; made with dairy ingredients
- Forms: Powder and RTF*
- Reference Formulary for WIC can size(s)



** RTF form may only be issued per policy*

CONTRACT FORMULAS: SIMILAC TOTAL COMFORT

- Partially hydrolyzed whey protein for easy digestion
- Use for cow's milk tolerance symptoms such as fussiness and gas due to lactose sensitivity
- Unlike other contract formula options, does not contain Carotenoids
- Gluten-free, Halal Kosher; made with dairy ingredients
- Forms: Powder
- Reference Formulary for WIC can size(s)



CONTRACT FORMULAS: SIMILAC SOY ISOMIL

- Soy-based formula
- Use for fussiness and gas
- For infants, whose parents choose a lactose-free formula as the first feeding/supplement to breastfeeding
- For infants of vegetarian families
- Lactose-free option for those with galactosemia
- Gluten-free, Halal
Kosher; made on dairy equipment
- Powder, Concentrate and RTF*
- Reference Formulary for WIC can size(s)



* RTF form may only be issued per policy

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

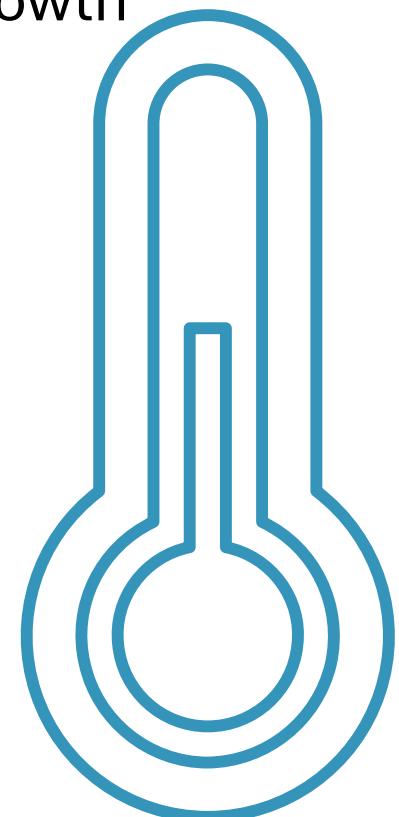
Mixing Guidance:

- **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/xpg4E>

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.

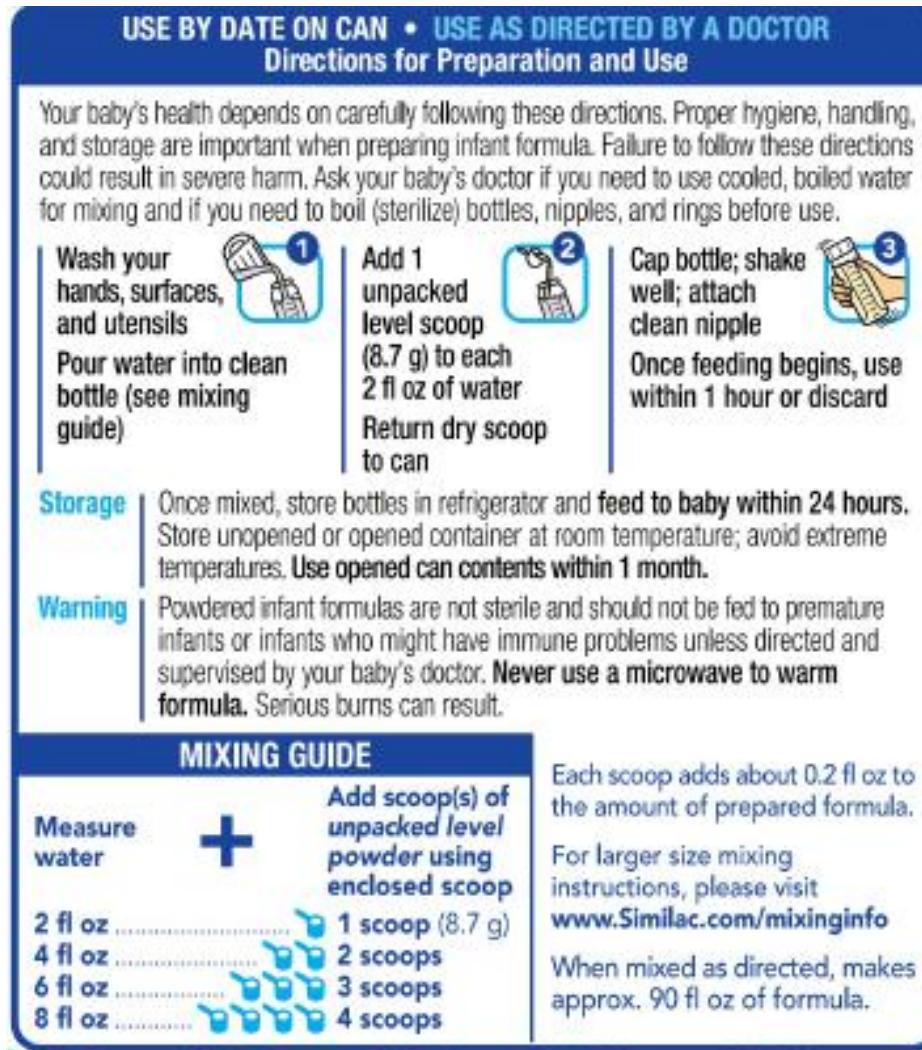
- STEP 1**
Make sure the formula is **not expired** and the container is **in good condition** (no dents, puffy ends, or rust spots).
- STEP 2**
Wash your hands and clean the countertops with soap and warm water before preparing bottles. Use a clean bottle and nipple.
- STEP 3**
Shake formula can well 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/xpg4E>

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

EXAMPLE: POWDER FORMULA CAN LABEL

5



1

4/5

3

2

* Spanish instructions found on inside of label*

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. **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.

POWDERED FORMULA

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

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

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.

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

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.

wichealth

FAMILY CARE GUIDE

Bookmark

Heart

Open Resource

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

Resource Summary

- 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?

Conversation Starters

Related Resources

Select Language

English

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

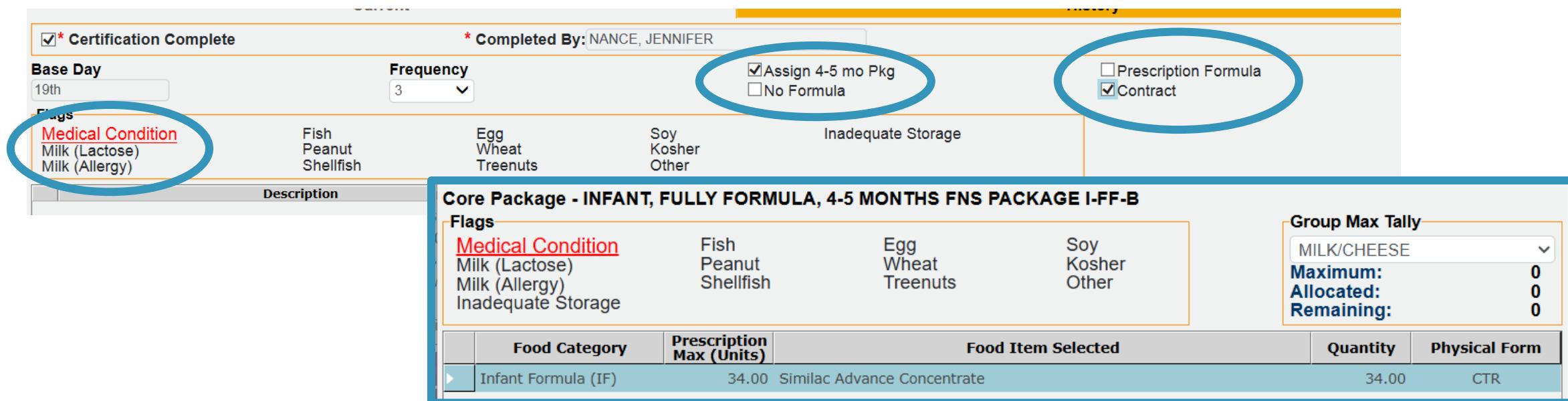
WICHealth.org:

<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

Flags: **Medical Condition**
Milk (Lactose)
Milk (Allergy)

Description: Fish, Peanut, Shellfish, Egg, Wheat, Treenuts, Soy, Kosher, Other, Inadequate Storage

Core Package - INFANT, FULLY FORMULA, 4-5 MONTHS FNS PACKAGE I-FF-B

Flags: **Medical Condition**
Milk (Lactose)
Milk (Allergy)
Inadequate Storage

Food Category: Infant Formula (IF)

Prescription Max (Units): 34.00

Food Item Selected: Similac Advance Concentrate

Quantity: 34.00

Physical Form: CTR

Group Max Tally
MILK/CHEESE
Maximum: 0
Allocated: 0
Remaining: 0

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)

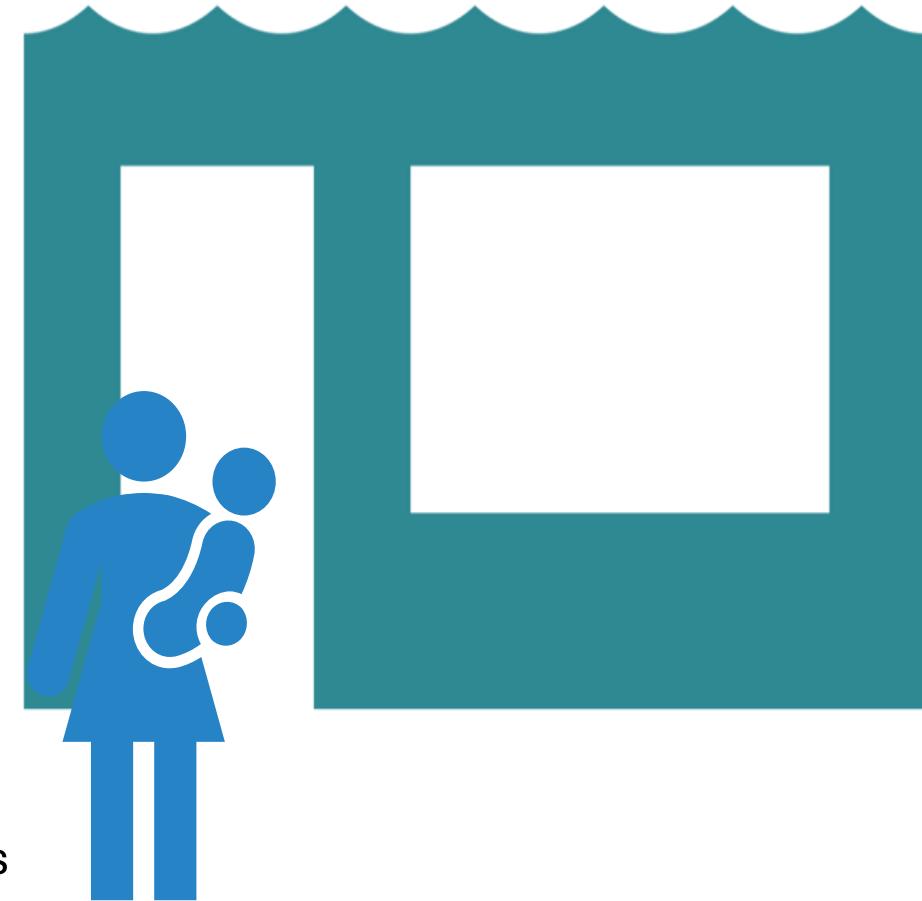
- **WIC Foods & Contract Formula Only**

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

- **All WIC Eligible Products**

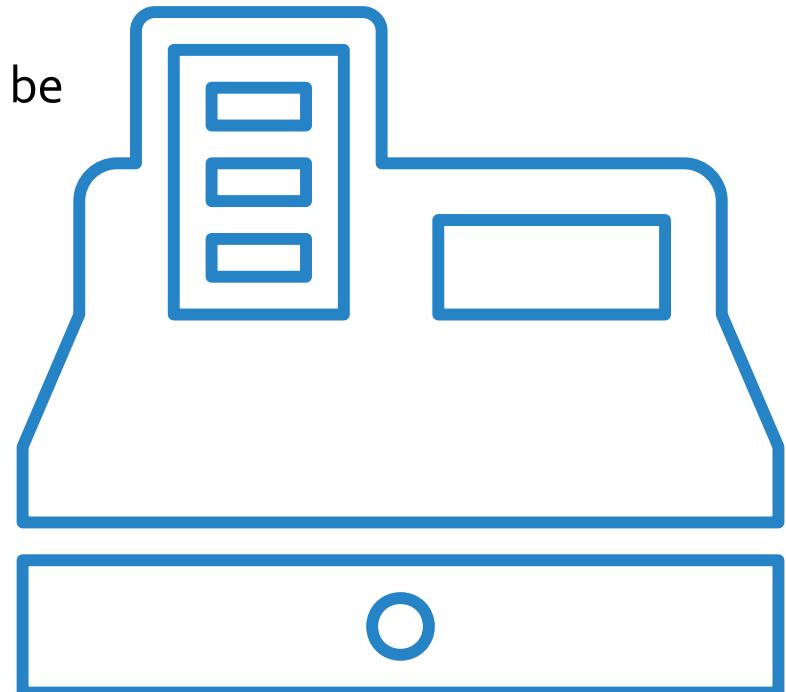
- Grocery with Pharmacy- vendors where all eligible WIC products are available (formula and foods) (i.e. Wal-Mart Supercenter, Target, Jewel)
- Commissary- located with military bases
- WIC Food Grocery- Chicago area only, ran by Catholic Charities

THE FORMULA STORE



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

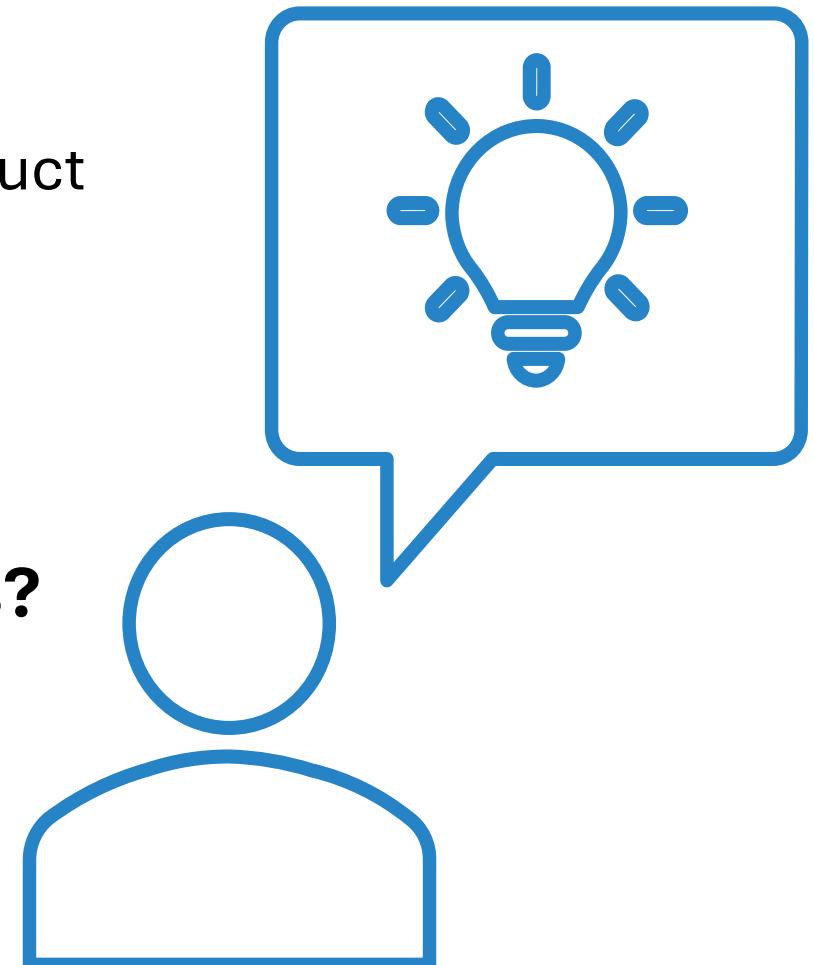
- CPA must review the Family Shopping List with all Participants to educate as well as confirm correct product and form has been issued

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





FORMULA CHANGE SUPPORT

Common questions/concerns and
responses when discussing with WIC
Families

COMMON QUESTIONS BEFORE TRYING THE NEW FORMULA

Question:

What formula will my baby be receiving from WIC?

Answer:

WIC provides many different formulas to meet a wide variety of needs.

Our contract formulas are: Similac Advance, Similac Total Comfort, Similac Sensitive and Similac Soy Isomil

- WIC is required by Federal Regulation to contract with infant formula manufacturers for a rebate on formula.
- The formula company provides a rebate on formula purchased with WIC benefits. This rebate allows us to serve more participants
- The Illinois WIC Formulary is reviewed every year. Many new products are introduced at various times throughout the year and will be considered at the time of the formulary review. Staged infant formulas are typically not provided on WIC for various reasons. Providing a standard selection of formulas limits the hardship on the participant of changing formulas at various stages in the infant's life. The nutrient content of these formulas is similar to that of the standard milk-based version.

COMMON QUESTIONS BEFORE TRYING THE NEW FORMULA

Question:

What can I do to help my baby get used to a formula?

Answer:

some babies, it may help to change slowly to the formula.

Just mix a little of the new formula with the formula your baby is currently using. Add more of the new formula every day until your baby is drinking only the new formula. You can ask us (WIC) for written directions.

Question:

When I change my baby's formula, what should I expect?

Answer:

You may notice a change in your baby's stools (poop) or a little more spitting up. Your baby may notice that the formula tastes a little different.

When you change your baby to a different formula, the frequency or texture or color of your baby's stools may change a little. Some babies burp or spit up a little more than usual when they change formulas, but this should improve in a week or two. Also, it may take a week or so for your baby to get used to the taste of the new formula.

COMMON QUESTIONS BEFORE TRYING THE NEW FORMULA

Question:
What if my baby is allergic to the formula or doesn't do well on it?

Answer:
This is very unlikely.

Because the formula you will be changing to is so similar to what you are now using, an allergy would not be likely. If your baby has any severe reaction, you should report it to your Health Care Provider.

Question:
Will babies do well on any formula?

Answer:
Most babies do fine on any formula.

All formulas have to meet Federal Nutrition Standards. Doctors and nutritionists agree that all of the major name brand infant formulas provide adequate nutrition for babies. Most babies grow satisfactorily on any baby formula.

Breast milk is the ideal food for babies which all the formulas try to copy. If you're pregnant, we encourage you to breastfeed your baby when it is born. If you are fully breastfeeding, you won't have to worry about any problems with formula.

COMMON CONCERNS AFTER TRYING THE NEW FORMULA

Concern:

I've tried using the formula, but my baby keeps throwing up. I'm scared they might choke, or that they might not be getting enough food to grow.

Response:

Tell me more about what is happening.

Gather more information to assess if this is severe vomiting requiring medical referral by asking:

- How often is the baby throwing up, and how much?
- Have you made any changes in preparing the formula, in your water, in the way you're feeding the baby, or has anyone in your household been sick?

If it seems like normal spitting up, reassure the caregiver that some changes in spitting up are common with a formula change. Refer to the Health Care Provider if baby is vomiting large amounts or projectile (forceful) vomiting.

COMMON CONCERNS AFTER TRYING THE NEW FORMULA

Concern:

My baby's stools (poops) are different with the formula.

Response:

This is normal.

Because there are slight differences between the new and old formulas, the frequency, color, or texture of your baby's stools might change. These are normal changes.

Concern:

I tried the new formula, and my baby got a rash.

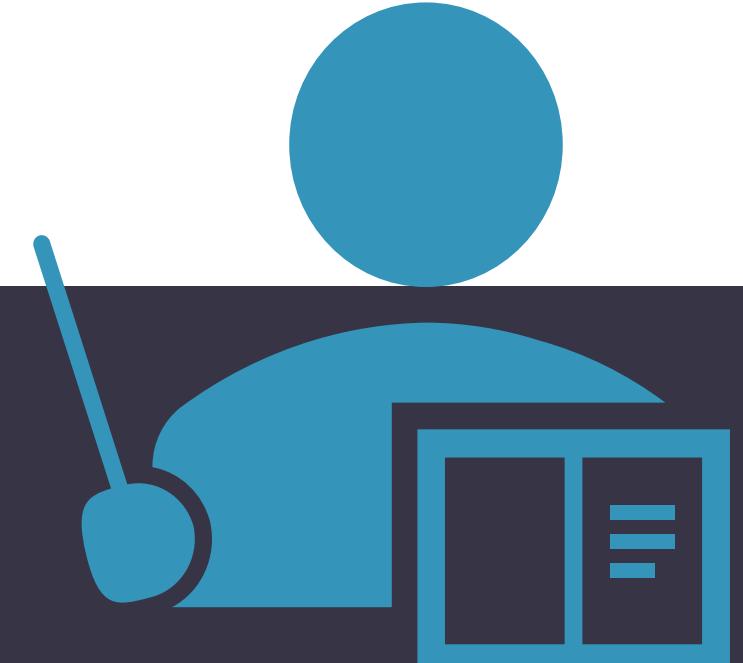
Response:

This is probably not related to changing formulas.

A rash is not usually related to a formula change. If the rash continues or gets worse, have your baby's Health Care Provider look into it.

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.