

## Colorado WIC Materials List

LISTED on MATERIALS ORDER FORM		English	Spanish	POSTED ON CO WIC WEBSITE (for you to print)		English	Spanish
<b>Participant Materials</b>							
<b>Pregnant</b>							
P01-P02	A Guide for a Healthy Pregnancy	√	√		Quitline – Pregnant Women ( <a href="http://www.cohealthresources.org">www.cohealthresources.org</a> )		
P03-P04	Common Concerns in Pregnancy	√	√				
P05-P06	Gaining Enough Weight During Your Pregnancy	√	√				
P07-P08	Gaining Weight Too Fast During Pregnancy	√	√				
P09-P10	Food Safety During Pregnancy	√	√				
P11-P12	Immunizations for a Healthy Pregnancy	√	√				
PH1-PH2	Gestational Diabetes	√	√				
P51-P52	Nutrition Guide For Pregnant Women	√	√				
<b>Breastfeeding</b>							
B01-B02	Breastfeeding: Baby’s Best Start	√	√	B03-B04	Breastfeeding: Benefits	√	√
B05-B06	Will I be Able to Breastfeed Successfully?	√	√	B09-B10	Breastfeeding: A Magic Bond of Love	√	√
B13-B14	Breastfeeding: The Early Weeks	√	√	B11-B12	Is My Baby Getting Enough Breast Milk?	√	√
B15-B16	Breastfeeding Beyond the First Weeks	√	√				
B17-B18	You Can Breastfeed! Get Help Early	√	√				
B21-B22	Breastfeeding: Returning to Work or School?	√	√				
B23-B24	Hand Expression of Breast Milk	√	√				
B25-B26	Can Breast Pumps be Shared?	√	√				
102-103	Cleaning Breast Pump Parts / Storing & Thawing of Breast Milk	√	√				
B28	“Rx – Breastfeeding Your Newborn” pad (Eng/Sp)	√	√				
	“Can Do 5” crib card	√					
B30	Breastfeeding Coalition Note Pad - Blue	√					
	“Workplace Lactation” You Tube Pocket Card	√	√				
B51-B52	Nutrition Guide for Breastfeeding Women	√	√				
<b>Breastfeeding Peer Counselor</b>							
940E-940S	Breastfeeding Peer Counselor Brochure	√	√				
	Text for Babies flyer	√	√				
	Text for Baby poster 12 x 18						

Postpartum							
N53-N54	Postpartum Depression: What You Need to Know	√	√				
N55-N56	After Delivery: Gestational Diabetes	√	√	N03-N04	Folate Before, During, and After Pregnancy	√	√
N57-N58	Healthy Weight After Pregnancy	√	√				
N59-N60	Planning Healthy Reproductive Futures	√	√				
N51-N52	Nutrition Guide for Postpartum Women	√	√				

Infant							
I03-I04	Breastfeeding Your Baby	√	√	I21-I22	Parents Ask About...Crying, Colic, Constipation/Spitting Up	√	√
I05-I06	Bottle Feeding Your Baby	√	√	I25-I26	My Baby was Born Too Early or Too Small	√	√
I11-I12	Making Baby Food	√	√	I40	Immunizations for Babies (English and Spanish on same page)	√	√
I13-I14	Teach Your Baby to Drink From A Cup	√	√				
I15-I16	Weaning From the Bottle	√	√				
I17-I18	Weaning Your Breastfed Baby	√	√				
I31-I32	Baby Behavior - Sleep	√	√				
I33-I34	Baby Behavior - Crying	√	√				
I35-I36	Baby Behavior - Cues	√	√				
I37-I38	Baby Behavior - Poster	√	√				
I41	"Getting to Know Your Baby" Baby Behavior DVD (English/Spanish)	√	√				
I42	"Class Clips "Baby Behavior DVD (English/Spanish)	√	√				
I43 – I44	Safe Sleep	√	√				
	Sing to Me: A Lullaby Album (English/Spanish)	√	√				
147-148	Ready for Finger Foods	√	√				
151-152	Ready for Solid Foods	√	√				
154-155	Give Your Baby the Healthiest Start	√	√				
I19-I20	Your Baby Needs Iron	√	√				
Childhood							
C01-C02	Feeding Your Toddler 1-3 Years Old	√	√	C17-C18	Making Good Choices Toward a Healthy Weight	√	√
C03-C04	Feeding Your Preschooler 4-5 Years Old	√	√	C19-C20	Is My Child Growing Too Slowly?	√	√
C05-C06	Snack Guide for Young Children Ages 1-3	√	√	C21-C22	Parent's Guide to Physical Play 1-2 Years	√	√
C07-C08	Snack Guide for Children Ages 4-5	√	√	C23-C24	Parent's Guide to Physical Play 2-3 Years	√	√

C09-C10	Enjoying Mealtime	√	√	C25-C26	Parent's Guide to Physical Play Ages 3 and 4	√	√
C11-C12	How Do I Get My Child to Eat?	√	√	C27-C28	Parent's Guide to Physical Play Age 5	√	√
C13-C14	What Your Child Drinks	√	√	C29-C30	Foods That Fight Lead Poisoning	√	√
C51-C52	Children's Nutrition Guide	√	√				
C53-C54	A Healthy Smile for Your Young Child	√	√				

General & WIC Food Recipes							
G01-G02	Getting Enough Iron	√	√	G17-G18	Fiber – Facts and Tips	√	√
G03-G04	"wichealth.org" pad (50 pages per pad)	√	√	G23	Vegetarian Eating	√	
G36-G37	Focus on You	√	√	G25-G26	Food Allergy and Intolerance	√	√
				G29-G30	A Guide to Safe Food Handling	√	√
R01-R02	WIC Bean Book	√	√	R03-R04	Iron-Rich Recipes	√	√
				R07-R08	Peanut Butter Recipes	√	√
				R09-R10	Fun With Foods – Snack Ideas for Children	√	√
Harmful Substances							
S01-S02	Marijuana and Your Baby Fact Sheet	√	√		Colorado Tobacco Cessation Materials ( <a href="http://www.cohealthresources.org">www.cohealthresources.org</a> )		
S03-S04	Tips for Parents Fact Sheet	√	√				
S05	Marijuana Pregnancy and Breastfeeding Guidance for CO Health Care Providers	√					
S11-S12	They Depend on You – Risks of Substance Use	√	√				
S13	Second Hand Smoke: Real Consequences (E/S)	√	√				
Outreach							
876E-876S	"CO WIC Income Guidelines" pad (50 pages/pad)	√	√				
880-885	"WIC Brings A Lot to the Table" outreach poster	√	√				
886	WIC Program Fact Sheet	√	√				
890-891	First Birthday Card	√	√				
895-896	"One Big Job" outreach poster	√	√				

LISTED on <i>MATERIALS ORDER FORM</i>		English	Spanish	POSTED ON CO WIC WEBSITE (for you to print)		English	Spanish
<b>Staff Resources</b>							
<b>Colorado WIC Program Administrative Materials and Supplies</b>							
	“Bring to your next WIC Appointment” pad (50 pages per pad)	√					
110	Measurements pad (50 pages per pad)	√					
33-34	Allowable Foods List for Colorado WIC (02/2015)	√	√				
	Allowable Foods List for Colorado WIC (07/2015)	√	√				
38	Physician Authorization Form	√					
55-56	Tri-Monthly Check Envelope	√	√				
57	Plastic Sleeve for Check Envelope						
100	Colorado WIC Program Materials Order Form	√					
107	Participant Rights and Responsibilities (English) 8/13 hard stock	√					
	Participant Rights and Responsibilities (Spanish) 8/13 hard stock		√				
WWE-WWS	“Welcome to WIC “ participant training video	√	√				
AJFA	“And Justice For All” poster/address labels	√					
	Don’t sell formula poster						
	FY16 CO WIC Program Manual (revised 4/16)	Print					
	FY16 CO WIC Mini Manual (revised 5/16)	Print					

Retailer Forms and Supplies							
RM	Retailer WIC Manual / Binder	√		47	Min. WIC Foods Stocking Requirement Waiver Request	√	
64	WIC Retailer Handbook	√		48	Minimum WIC Foods Stocking Requirements	√	
RV-DVD	“Partnering with WIC for Colorado Kids” retailer training DVD	√		61	Retailer Orientation Rpt for Grocery Stores/ Commissaries	√	
	Retailer Guide to WIC	√		62	Retailer Monitoring Rpt for Grocery Stores/ Commissaries	√	
VD	Retailer WIC decal	√		64	Colorado WIC Retailer Handbook	√	
				65	Retailer Informal Site Visit	√	
				66	Retailer Shelf Survey	√	
					Retailer Price List Form- CO WIC	√	
				73	Independent Store Pre-Authorization Report	√	
				RV-DVD	Retailer Training “Partnering with WIC for Colorado Kids” DVD	√	
					Administrative Review Procedures for Retailer Appeals	√	
					Retailer Guide to WIC	√	
					Retailer Training Form – CO WIC	√	
Breastfeeding Forms and Supplies							
96-96S	Breast Pump/Aid Release Form	√	√	98	Pump/Aid Loan Log	√	
	WIC Pump Care laminated insert (English/Spanish)	√	√	201	Breast Pump Questionnaire Key (Staff Use Only)	√	
				200	Breast Pump Questionnaire	√	
				103	Work Lactation Support Letter	√	
				104	School Lactation Support Letter	√	
				105	Colorado WIC Early Breastfeeding Screening Form	√	

LISTED on MATERIALS ORDER FORM		English	Spanish	POSTED ON CO WIC WEBSITE (for you to print)		English	Spanish
<b>WIC Certification/New Staff Training</b>							
<b>Level I Modules</b>							
				610	Orientation	√	
				430	Screening	√	
				580	Food Package	√	
				867	Nutrition Risk Factor	√	
				625	Observation Checklist	√	
				630	Participant Record Review	√	
<b>Level II Modules</b>							
				540	Prenatal & Postpartum	√	
				545	Infant Nutrition	√	
				550	Preschool Child Nutrition	√	
				560	Basic Nutrition	√	
				590	Breastfeeding & Resource Manual	√	
<b>Staff Manuals</b>							
				595	Nutrition Education Counseling Guide	√	
				596	Colorado WIC Formula Guide	√	
				PMPDF	2013 WIC Procedure Manual CD in PDF with links	√	
					2013 Colorado WIC Mini Manual	√	
				G35	Colorado WIC Program Nutrition Risk Manual	√	
<b>Colorado WIC Program Administrative Forms</b>							
				24	Request to Extend Local Service Area	√	
				41	Endorser Problem Report Form (Program misuse/consequences)	√	
				51	Notification of Ineligibility, Termination/Denial of Service	√	
				79	Civil Rights Discrimination Complaint Instructions		
				80	Civil Rights Discrimination Complaint Form	√	
				81	Civil Rights Complaint Tracking Log	√	
<b>Homeless Materials</b>							
				90	Application for Approval of a Homeless Shelter	√	