



Trainee Edition

Arizona WIC Training

Introduction to Formula Guidebook



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Training Notes

Module 1 Notes

1. What are the steps to prepare each type of formula and store an opened container?

Powder

Concentrate

Ready to feed

Prepared Formula Storage Time Limits

Form	Discard prepared formula when...
Powder	
Liquid formula (concentrate and ready to feed)	

2. In the first month of life, infants in the IPN category get _____ can of formula.

What are Arizona WIC's current contract formulas and in what forms are they available? Note: all of these formulas can be issued without medical documentation except for in specific situations.

Formula	Forms Available
Similac Advance	
Similac 360 Total Care	
Similac Soy Isomil	
Similac Sensitive	
Similac 360 Total Care Sensitive	
Similac for Spit-up	N/A; This product has been discontinued and is no longer a contract formula
Similac Total Comfort	

Below, note the differences between non-contract, special, and conditionally special formulas. Note: all of these formulas require medical documentation.

Formula Type	Important Details
Non-Contract	<p>What is the difference between a contract formula and non-contract formula?</p> <p>When can a non-contract formula be issued?</p>
Special	<p>When can this type of formula be issued?</p>
Conditionally Special	<p>When can this type of formula be issued?</p>

Module 2 Notes

1. List the reasons why we tailor formula for partially breastfed infants

- 1.

- 2.

2. Since powdered formula is not sterile, it can contain _____ bacteria that can be harmful to infants with a compromised immune system. This bacteria is associated with an increased risk of sepsis, meningitis, cerebritis, and necrotizing enterocolitis.

3. Which infants are required to be issued liquid formula and for how long?

4. In most cases, WIC staff can issue contract formulas without medical documentation. When would you need medical documentation for a contract formula?

Practice Activities

1. Using the formula tailoring chart, if a 3-month-old baby is drinking 10oz of Similac Advance a day, what category should they be in and how many cans should be provided?
2. A parent states that they are breastfeeding their 3-month-old 5x a day and offering formula. They offer 4oz 4 times per day of Similac Sensitive. What category would they be in and how many cans of formula would you tailor it to?
3. A caregiver requests Similac Advance powder for their newborn baby that was born full term but at a low birth weight. Can you issue powder formula in this situation? Why or why not?
4. A caregiver tells you that they like to make a pitcher of formula to offer their baby. They use powdered formula and mix the formula as instructed on the can. They keep the pitcher in the fridge and the pitcher holds 60 ounces of formula, which takes their baby about two and a half days to go through. What would you say to this caregiver?

Live Training Notes