



# Michigan WIC Client Resource List

**Michigan Department of Health and Human Services (MDHHS) WIC Division  
June 2024**

The current edition of the Michigan WIC Client Resource List is posted on [www.michigan.gov/wic](http://www.michigan.gov/wic) under WIC Providers, Nutrition Education Resources and Publications, Michigan WIC Client Resource List, and provides active hyperlinks to Michigan WIC publications and online and partner resources.

## WELCOME TO THE MICHIGAN WIC CLIENT RESOURCE LIST

Publications in this list are available from Michigan WIC or partner organizations. This list was developed as a tool to help local agency staff identify appropriate nutrition education publications for their clients. This list is not an order form and does not replace WIC E-forms as the source for ordering publications.

### Reminders for Michigan WIC E-Forms Orders

- Only authorized local agency staff will have access to WIC E-forms.
- Be sure to print a copy of the current “Forms List” at the MILogin site to determine the status of each publication.

#### *Status terminology to know:*

- **Not Active** = The publication cannot be ordered at this time because:
  1. Current supply is 0, and reprint is in process/pending  
OR
  2. Publication is currently not in use, pending replacement, revision, or deletion.  
Note: Some supply may show but is not available for order.
- **Deleted** = The publication has been removed from use, will not be reprinted, and cannot be ordered.  
Note: Local agencies can continue to use their supply of the publication unless direction to cease use has been issued by the State WIC office.
- Contact Hanna Thelen at 517-335-8631 for further information regarding publication status.






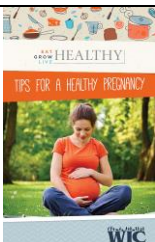
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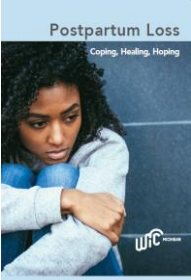
Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.




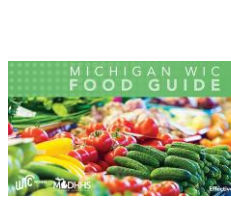

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:





1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)





This institution is an equal opportunity provider.


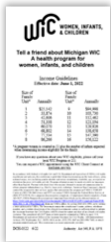



WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
<b>Pregnancy, Postpartum &amp; Breastfeeding</b>					
DCH-1110 E/SP/AR	<i>We're Prepared Checklist</i>	Checklist preparing for baby's birth and beyond.		Contemplation Preparation Action	Breastfeeding Support Intro to BF Feeding the Newborn
DCH-1109 E/SP/AR	<i>Get Ready to Fall in Love</i>  Available by E-Forms and online <a href="#">here</a> .	Motivational brochure preparing families to enjoy those first days and months with their new baby. Coffective & MDHHS. 2016.			
MDHHS-Pub-1224 E/SP	<i>Dad+Baby Booklet</i> Available by E-forms only. Will be discontinued when current stock is depleted.	16-page booklet, 5 ½" x 8 ½". Breastfeeding guide, helping partners learn what to expect the first few weeks and how they can help. Noodle Soup. 2017. 8/18		Preparation Action	Breastfeeding Support
MDHHS-Pub-1225 E/SP	<i>Dad Can Help in So Many Ways</i> (50/pkg) Available by E-forms only. Will be discontinued when current stock is depleted.	Poster, 8 ½ x11". Highlights the importance of partner support and presents practical ways dad can help with breastfeeding. Noodle Soup. 2017. 6/18		Preparation Action	Breastfeeding Support
MDHHS-Pub-1255 E/SP/AR	<i>Healthy Mom</i> Available by E-Forms and online <a href="#">here</a> .	Trifold focused on topics relevant to postpartum moms. Double-sided trifold, full color. 2019.		Contemplation Preparation Action	Nutrition: Postpartum Physical Activity
DCH-1323 E/SP/AR	<i>Tips for a Healthy Pregnancy</i> English, Spanish, Arabic (50/pkg) Available by E-forms only.	11-pg booklet, 6 x 9". Full color. Food choices during pregnancy; keep baby safe; pregnancy discomforts; breastfeeding introduction. Brush Art. 2013.		Contemplation Preparation Action	Prenatal Nutrition  Intro to BF  Food Safety

WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
<b>Pregnancy, Postpartum &amp; Breastfeeding, cont.</b>					
MDHHS-Pub-1631 E/SP/AR	<i>Breastfeeding Your Newborn Baby</i> (10/pkg) Available by E-forms and online <a href="#">here</a> . (Password protected)	34-page color booklet, 5¼ X 8½". Available in English, Spanish & Arabic. Information for parents on why & how to start and continue breastfeeding. Nutrition Matters. April 2023.		Precontemplation Contemplation Preparation Action	Breastfeeding Nutrition Breastfeeding Support Breastfeeding Problem Solving Common Prevention of BF Problems Intro to BF
MDHHS-Pub-1565 E/SP/AR	<i>Postpartum Loss</i> (25/pkg) <i>Available in E-Forms</i>	10-page color booklet, 5 ½ x 8 ½". Supportive resource for moms who have experienced pregnancy loss and provide referrals/resources. Adapted from NV WIC 2/2024.			





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<b>Foods/Nutrients</b>					
DCH-0293 E/SP	<i>Iron for Strong Blood</i> (100/pkg) Available by E-Forms and online <a href="#">here</a> .	Tri-fold brochure, 5½ x 9". Full color. Why iron is needed; iron-rich foods; tips for increasing iron; sample menu. Adapted from CA WIC. 5/21		Preparation Action	Iron Deficiency Anemia
DCH-1515 E/SP/AR	<i>Well Fed means Less Lead</i> (50/pkg) Available by E-Forms and online <a href="#">here</a> .	Tri-fold brochure, 3½ x 8½". Highlights food and lifestyle items that may help combat lead exposure. MDHHS. 7/23.		Preparation Action	Nutrition and Lead
MDHHS-Pub-1640 E/SP/AR	<i>Milk and Milk Alternatives</i> Available online <a href="#">here</a> .	One-sided handout, 8½ x 11". Discusses nutrition content of milk and common milk alternatives. MDHHS, 2023.			
DCH-0237 E/SP/AR/DA/PA	<i>Michigan WIC Food Guide</i> (10/pkg) Available by E-Forms and online <a href="#">here</a> .	27-page color booklet, 4 ½ x 4 ½ booklet Displays authorized food for Michigan WIC. Includes nutrition education 'Health Bite!' messages, breastfeeding promotion, and WIC Shopping Tips. MDHHS. 7/24			
DCH-0229 E/AR E/SP	<i>Michigan WIC Infant Formula Insert</i> (50/pkg) Available by E-Forms and online <a href="#">here</a> .	Double-sided, color, 9x9. Displays authorized infant formulas. MDHHS. 8/23			

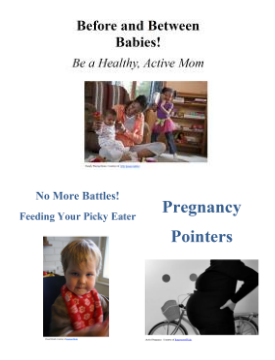


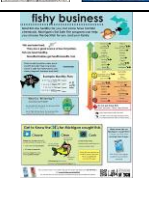
WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
<b>Infants</b>					
DCH-1480 E/SP/AR	<i>Feeding Your Baby Birth to 6 Months</i> (100/pkg) Available by E-Forms and online <a href="#">here</a> .	Tri-fold brochure, 5 5/8 x 9". Full color. Monthly feeding guidelines; breastfeeding importance; hunger/fullness signs; feeding safely; starting infant foods. MDHHS 2024		Preparation Action	Infant Feeding: 1-5 months
DCH-1481 E/SP/AR	<i>Feeding Your Baby 6 to 12 Months</i> (100/pkg) Available by E-Forms and online <a href="#">here</a> .	Tri-fold brochure, 5 5/8 x 9". Full color. Development and starting solid foods; breastfeeding importance; feeding safely. MDHHS. 11/2024		Preparation Action	Infant Feeding: 6-12 months
MDHHS-Pub-1292 E/SP/AR	<i>Formula Preparation for Healthy Full-Term Newborns</i> Available by E-Forms and online <a href="#">here</a> .	Tri-fold brochure, 5 5/8 x 9". Full color. Formula preparation instructions, including safe handling and storage. MDHHS, 2022.			
MDHHS-Pub-1636 E/SP/AR	<i>Paced Bottle Feeding</i> Available online <a href="#">here</a> .	One-sided handout, 8½ x 11". Introduces and explains paced bottle feeding. MDHHS, 2023.			



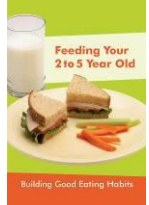


WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
<b>Infants, cont.</b>					
MDHHS-Pub-1566 E/SP/AR	<i>Baby Led Weaning</i> Available online <a href="#">here</a> .	One-sided handout, 8½ x 11". Introduces and explains baby led weaning. MDHHS, 2023.			
Note: No e-form #; order by title.	<i>Let's Eat!</i> (100/pkg) Available by E-forms only.	8½ x 11", 12-page color magazine discusses introducing solid foods, developmental stages, breastfeeding, age-appropriate menus, playing with baby. National WIC Association ( <a href="http://www.nwica.org">www.nwica.org</a> )		Preparation Action Maintenance	Infant Feeding: 6-12 months  Breastfeeding
MDHHS-Pub-1639 E/SP/AR	<i>Food Chaining for Feeding Challenges</i> Available online <a href="#">here</a> .	Two-sided handout, 8½ x 11". Introduces and explains process of food chaining to help with feeding challenges. MDHHS, 2023.			
<b>Outreach</b>					
DCH-0314	<i>Facts About WIC</i> (25/pkg)  English available by E-forms or English, Spanish, and Arabic available online <a href="#">here</a> .	Double-sided, 8½ x 11". Buff paper. Describes what WIC provides, who may be eligible, effectiveness, for more information. MDHHS. 01/20.			Not applicable for NE  Use for Provider and Partner Outreach


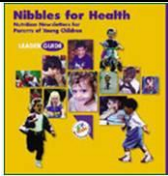
WIC E-forms #	Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
<b>Outreach</b>					
DCH1200 E/SP/AR	<i>Welcome to Michigan WIC</i> (25/pkg) Available by E-Forms and online <a href="#">here</a> .	12-pg booklet. 5½ x 8 ½ “. Describes WIC benefits, appointment expectations, EBT Card instructions. MDHHS, rev 4/23.			Not applicable for NE Use for Outreach  Use with clients for substance use and WIC program messaging
DCH-0322 E/AR DCH-0322 E/SP	<i>WIC Income Guidelines flyer</i> (50/pkg) Available by E-forms only.	Double-sided, 3½ x8¼”. English/Spanish (blue) or English/Arabic (white). WIC Income Guidelines. 6/24.			Not applicable for NE  Use for Outreach
DCH-1514 E/SP/AR	<i>Together Growing Stronger Families</i> Available by E-Forms and online <a href="#">here</a> .	Tri-fold brochure, 3½ x 8½”. Highlights information and benefits of the WIC program. Coffective & MDHHS. 4/23.			Not applicable for NE  Use for Outreach
MDHHS-Pub-1824 E/SP/AR	<i>For Our Kids Sake</i> (50/pkg)  Available in E-forms	Tri-fold brochure, 3 ½ x 8 ½” Highlights information and benefits of the WIC Program. MDHHS. 1/24			
MDHHS-Pub-1783 E/SP/AR	<i>WIC to 5 Poster</i> Available in E-forms	18x24” Poster. Highlights reasons children should stay on WIC to age 5. MDHHS. 10/23			



Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
<b>Sample Materials (provided by State in past)</b> *Contact State Consultant about availability of additional limited quantities, or re-order through local agency.				
<p><i>MyPlate for Expecting Moms handouts</i> (tablet of 50), English and Spanish</p> <p><i>MyPlate for Breastfeeding Moms handouts</i> (tablet of 50), English and Spanish</p>	<p>Double-sided, 8½ x 11", full color. Addresses rec food amounts per trimester, healthy weight gain, folic acid/ iron, food safety. 2011. (#470452)</p> <p>Addresses rec food amounts for BE, BP mother, weight loss, hydration, food safety, breastfeeding benefits. 2013. (#470198)</p> <p>Also available: Bulletin board kits on wide range of nutrition-related topics available.  <a href="https://getvisualz.com/">https://getvisualz.com/</a></p>		<p>Preparation Action Maintenance</p>	<p>Prenatal Nutrition Food safety</p> <p>Breastfeeding Postnatal Nutrition Food safety</p>
<p><i>Fresh Baby Items, including MyPlate, cup, utensils, bibs, burp cloths, etc.</i></p>	<p>7" plate provides support in making mealtime healthy and fun. Cup with 4-6 oz fill lines is a great reminder to include dairy with meals. See <a href="http://www.freshbaby.com">www.freshbaby.com</a> for all available items.</p>		<p>N/A</p>	
<p><i>Nutrition Matters Cards</i> (English, Spanish) <i>Many topics available</i></p>	<p>4"x9" cards, 2-sided. Offers nutrition tips on a variety of different topics.  <a href="http://www.numatters.com">www.numatters.com</a></p>		<p>Preparation Action</p>	<p>Bottle Weaning Nutrition: Toddler Oral Health Excessive Use of Liquids Healthy Weight</p>
<p><i>Nutrition Matters Where's My Apple?</i> (English, Spanish)</p>	<p>5.5" x 5.5". Child book printed on heavy-duty, durable paper.  <a href="http://www.numatters.com">www.numatters.com</a></p>			<p>Fruits Gardening/Growing Shopping Meals and snacks</p>

Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
<b>Online &amp; Partner Resources</b>				
<p><i>Shared Lesson Modules</i></p> <p><b>Self-Directed Education (SDE):</b></p> <ul style="list-style-type: none"> <li>• Before and Between Babies!</li> <li>○ Be a Healthy, Active Mom!</li> <li>○ Stay Strong with Iron</li> <li>○ Moms Always Need Folic Acid</li> <li>• Pregnancy Pointers</li> <li>• No More Battles! Feeding your Picky Eater</li> <li>• Tips for Healthy Kids (take-home DVD)</li> <li>• Your Baby and You</li> <li>• Sesame Street: Eat Well, Anytime, Anywhere</li> </ul> <p><b>Group:</b></p> <ul style="list-style-type: none"> <li>• Food Safety during Pregnancy</li> <li>• Healthy Eating during Pregnancy</li> </ul>	<p>Binder for self-directed, take-home, one-on-one, or group nutrition education. Some lessons include DVD.</p> <p>Found at <a href="http://www.michigan.gov/wic">www.michigan.gov/wic</a> under <i>WIC Providers, Nutrition Education Resources, Modules</i></p>		<p>Precontemplation Contemplation Preparation Action Maintenance</p>	<p>Variety of topics: Toddler/Preschool Nutrition Healthy Weight Physical Activity Inter-conception Care Pregnancy Post-partum</p>
<p>MDHHS Programs</p> <p>Contact program website for ordering information or to download PDF materials.</p> <p><i>Birth Defects Prevention Program</i> <i>Perinatal Oral Health Program</i> <i>Safe Sleep Program</i> <i>Tobacco Control Program</i></p>	<p><a href="http://www.michigan.gov/birthdefectsinfo">www.michigan.gov/birthdefectsinfo</a></p> <p>Additional folic acid resource links are available on the MDHHS WIC website.</p> <p><a href="http://www.michigan.gov/oralhealth">http://www.michigan.gov/oralhealth</a> <a href="http://www.michigan.gov/safesleep">http://www.michigan.gov/safesleep</a> <a href="http://www.michigan.gov/tobacco">http://www.michigan.gov/tobacco</a></p>		N/A	N/A
<p><i>MDHHS Eat Safe Fish and Buy Safe Fish</i></p> <p>Available in English, Spanish, Arabic, Chinese, Hmong, Vietnamese. Call 1-800-648-6942 to order or download PDF.</p>	<p>Tri-fold brochures, color, 3½ x 8½". Guidance on choosing low mercury fish. Specific location guides also available. MDHHS Public Safety &amp; Environ Health.</p> <p><a href="http://www.michigan.gov/eatsafefish">www.michigan.gov/eatsafefish</a></p>		<p>Preparation, Action, Maintenance</p>	<p>Food Safety, Fish</p>
<p><i>MDHHS Eat Safe Fish, Fishy Business</i></p>	<p>Poster to promote healthy fish consumption. Highlights key points from <i>Eat Safe Fish</i> and <i>Buy Safe Fish</i> brochures. MDHHS Public Safety &amp; Environ Health.</p> <p><a href="http://www.michigan.gov/eatsafefish">www.michigan.gov/eatsafefish</a></p>		N/A	N/A

Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
<b>Online &amp; Partner Resources (Cont'd)</b>				
<i>MDHHS Eat Safe Fish, Safe Fish for You and Your Family</i>	Over-sized bookmark focusing on the benefits of fish for women and children, and appropriate amounts of various types of fish to eat. MDCH Public Safety & Environ Health. <a href="http://www.michigan.gov/eatsafefish">www.michigan.gov/eatsafefish</a>			
<i>American College of Nurse-Midwives (ACNM)'s 'Our Moment of Truth' website and 'Share with Women' fact sheets</i>	Client resources about risks of alcohol use during pregnancy, birth defects, and tips on how to avoid alcohol use. Website: <a href="http://www.midwife.org/Alcohol-and-Pregnancy">http://www.midwife.org/Alcohol-and-Pregnancy</a> Fact Sheets: <a href="http://onlinelibrary.wiley.com/doi/10.1111/jmwh.12286/pdf">http://onlinelibrary.wiley.com/doi/10.1111/jmwh.12286/pdf</a> (Eng) <a href="http://onlinelibrary.wiley.com/doi/10.1111/jmwh.12284/pdf">http://onlinelibrary.wiley.com/doi/10.1111/jmwh.12284/pdf</a> (Sp)			
<i>Feeding Your 2 to 5-Year-Old booklet</i>	16-page brochure, 5½ x 8½". Full color. Includes meal and snack ideas, child feeding tips, serving guideline chart. 2012. United Dairy Industry of Michigan. ( <a href="http://www.udim.org">www.udim.org</a> )		Preparation Action Maintenance	Toddler/Preschool Nutrition
<i>Kellogg Resources</i>	Order Kellogg resources online at <a href="http://kelloggsresources.com">kelloggsresources.com</a> . You can order items such as My Bowl bowls, meal cards, Family Meals Month handouts and more!			
<i>Kellogg ~ Healthy Beginnings</i>	Client resource offering tools to help motivate and inspire good nutrition for moms and children. The website also includes Breakfast 101, Education opportunities and recipe ideas. <a href="http://healthybeginnings.com">healthybeginnings.com</a>			

Publication Title	Description	Cover	Suggested Stage of Change	Possible MI-WIC NE Topic(s)
<b>Online &amp; Partner Resources (Cont'd)</b>				
<i>Iowa State University Outreach and Extension's Spend Smart. Eat Smart.</i>	Mobile-friendly site offering easy, delicious, and inexpensive recipes, How-to videos of basic food prep techniques, money-saving grocery strategies, and meal planning templates and resources. <a href="http://spendsmart.extension.iastate.edu">spendsmart.extension.iastate.edu</a>			
<i>MyPlate, MyWins: Healthy Eating Solutions for Everyday Life</i>	Client resource focused on a healthy eating style that works. Includes videos, Healthy Eating Tools, budget tips, food safety, recipes, and more. USDA. <a href="https://www.choosemyplate.gov/myplate-mywins-families-individuals">https://www.choosemyplate.gov/myplate-mywins-families-individuals</a>			
<i>Next Steps to Health for You and Your Family</i>	Pamphlet discussing infant feeding, breastfeeding, weight control, activity, oral health, folic acid, healthy eating during pregnancy, and food shopping. USDA FNS. ( <a href="http://wicworks.nal.usda.gov/sites/wicworks.nal.usda.gov/files/uploads/NextStepsHealthWeb.pdf#overlay-context=pregnancy">http://wicworks.nal.usda.gov/sites/wicworks.nal.usda.gov/files/uploads/NextStepsHealthWeb.pdf#overlay-context=pregnancy</a> )			
<i>Nibbles for Health: Nutrition Newsletters for Parents of Young Children</i>	Online access to printable nutrition education tips on a variety of topics. USDA FNS. ( <a href="http://www.fns.usda.gov/tn/nibbles-health-nutrition-newsletters-parents-young-children">http://www.fns.usda.gov/tn/nibbles-health-nutrition-newsletters-parents-young-children</a> )		Preparation Action Maintenance	Variety of topics: Toddler/Preschool Nutrition Healthy Weight Physical Activity
<i>Ready, Set, BABY (English, Spanish, Arabic)</i>	<a href="#">Website</a> with breastfeeding information for clients and <a href="#">printable resources</a> .		Preparation Action Maintenance	Breastfeeding
<i>Ten Tips Nutrition Education Series (English, Spanish)</i>	Online access to printable nutrition education tips on a variety of topics. USDA. ( <a href="http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html">http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html</a> )		Preparation Action Maintenance	Variety of topics: Toddler/Preschool Nutrition Healthy Weight Physical Activity