

DC WIC FORMULA GUIDE

April 2026



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INTRODUCTION

DC WIC-Approved Infant Formulas & Nutritionals

Each WIC state agency can evaluate if a formula or nutritional meets USDA WIC regulations as well as FDA regulations. DC WIC is not obligated to approve a formula even when a particular formula conforms to these regulations. USDA encourages states to be selective in the formulas they approve, and to use the following criteria: purpose and function for the intended user, participant acceptance, product availability, price, and program management costs.

Classifications of DC WIC-Approved Infant Formulas and Nutritionals

Infant Formula:

Any iron-fortified infant formula designed for normal, healthy infants without special medical conditions that is not an exempt infant formula. The term “infant formula” means a food that meets the definition of an infant formula in section 201(z) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321(z)) and that meets the requirements for an infant formula under section 412 of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 350a) and the regulations at 21 CFR parts 106 and 107.

Standard Contract Infant Formula:

DC WIC has a contract with Abbott Nutrition to provide Standard Contract Infant Formulas.

DC WIC offers the following Abbott Nutrition rebate formulas for healthy term infants:

| | Powder | Concentrate | RTF |
|--------------------------------|---------|-------------|-------|
| Similac Advance | 12.4 oz | 13 oz | 32 oz |
| Similac Soy Isomil | 12.4 oz | 13 oz | 32 oz |
| Similac Sensitive | 12.5 oz | n/a | 32 oz |
| Similac Total (Gentle) Comfort | 12.6 oz | n/a | n/a |

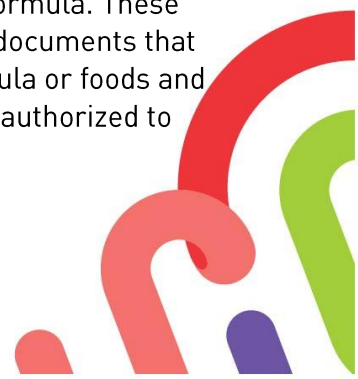
These formulas can be issued without a DC WIC Medical Prescription Form. Only a CPA can authorize issuance of RTF contract formulas. See DC WIC policy 9.008 Qualifying Medical Conditions. More information on issuing RTF formulas is outlined below.

Non-Contract Infant Formulas:

These include all other DC WIC-approved infant formulas or exempt infant formulas which are not standard contract infant formulas and, therefore, not subject to rebate.

Exempt Infant Formula:

Infant formulas which meet the requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act (21U.S.C. 350a(h)) and the regulations at 21 CFR parts 106 and 107. Exempt infant formulas are designed for infants with special conditions such as prematurity, low birth weight, or medical conditions that require a modified infant formula. These formulas are authorized when a qualified health care professional determines and documents that the participant has a medical condition that restricts the use of a conventional formula or foods and requires a special formula. A prescription from a qualified health care professional authorized to



write medical prescriptions under State law is required and is maintained in the participant's WIC record.

Formulas and WIC-Eligible Nutritionals for Children and Women:

Formulas and WIC-eligible nutritionals approved by DC WIC include enteral products formulated to provide nutritional support for varying medical conditions when use of conventional foods is precluded, restricted, or inadequate. These products may be nutritionally complete or incomplete; however, they must serve the purpose of a food, provide a source of calories and one or more nutrients, and be designed for enteral digestion via oral or tube feeding. Issuance of an exempt infant formula or WIC-eligible nutritional must be approved by a CPA and only with a completed DC WIC Medical Prescription Form or other medical documentation with all required components as detailed in DC WIC policy 9.008 Qualifying Medical Conditions. Qualifying medical conditions can include metabolic disorders, inborn errors of metabolism, gastrointestinal disorders, malabsorption syndromes, or food allergies.

Formula Forms

Federal regulations stipulate issuance of powder or concentrate liquid formula to formula-fed infants. Only products approved by DC WIC are listed throughout the Formula Guide.

- **Powdered** – powdered formulas are the most cost-effective and result in the least amount of waste. Powdered is recommended for partially nursing infants as the formula cans may be consumed within a greater time period compared to concentrated formula cans.
- **Concentrate** – requires addition of water for dilution. May be appropriate for infants requiring restricted fluid intake. Most concentrated formula must be 24 hours after the can is opened.
- **Ready-to-Feed (RTF)** – may also be seen as “Ready-to-Use (RTU)”. Liquids are appropriate to consume as-is.

Contract RTF formulas may only be issued under one of the following circumstances:

- The family's water supply is contaminated and unsafe for consumption, or the participant lacks access to proper refrigeration.
- The caregiver has difficulty correctly diluting concentrate or powder formula.
- For participants with qualifying medical conditions which require a special formula or nutritional, additional circumstances are allowed for issuing RTF formula:
 - RTF formula better accommodates the participant's condition.
 - RTF formula improves participant's compliance in consuming the product.
 - The formula only is only available in RTF.



INDICATIONS

STANDARD CONTRACT FORMULAS

| Product | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|---|-------|-------------------------------|-------------------------------|--|--|--|
| Similac Advance | PWD | 12.4 oz 20.6 oz 30.8 oz | 21- 082 21- 040 21- 041 | Milk-based, iron-fortified formula | CHO: lactose Pro: nonfat milk, whey protein concentrate Fat: high oleic safflower, soy, and coconut oils | Contains milk and soy |
| | CONC | 13 fl oz | 21 - 083 | | | |
| | RTF | 32 fl oz | 21 - 084 | | | |
| Similac Sensitive | PWD | 12.5 oz 20.1 oz 29.8 oz | 21 - 034 | Milk-based infant formula with reduced lactose for lactose sensitivity. | CHO: maltodextrin, sugar Pro: milk protein isolate Fat: High oleic safflower, soy, and coconut oils | Contains milk and soy Not a lactose-free formula |
| | RTF | 32 fl oz | 21 - 036 | | | |
| Similac Soy Isomil | PWD | 12. oz | 21 – 031 | Soy-based infant formula; lactose-free, for parents choosing milk-free formula. | CHO: Corn syrup, sugar Pro: Soy protein isolate; L-methionine (amino acid) Fat: High oleic safflower, soy, and coconut oils | Contains soy Suitable for infants needing lactose-free formula Contraindicated for preterm infants |
| | CONC | 13 fl oz | 21- 032 | | | |
| | RTF | 32 fl oz | 21 - 033 | | | |
| Similac Gentle Comfort <i>(Previously Similac Total Comfort)</i> | PWD | 12.6 oz | 21 - 088 | Milk-based infant formula with partially hydrolyzed proteins; for infants with lactose sensitivity | CHO: maltodextrin, sugar Pro: whey protein hydrolysates Fat: High oleic safflower, soy, and coconut oils | Contains milk and soy Not a lactose-free formula |



COMPARABLE INFANT FORMULA PRODUCTS

Use the chart below to find a comparable infant formula allowed in DC WIC.

| | | | | | | |
|-------------------------------|---------------------------|----------------------------------|----------------------------|----------------------------|------------------------------|------------------|
| Similac Advance | Similac Pro Advance | Similac 360 Total Care | Enfamil Infant | Enfamil NeuroPro Infant | Enfamil Enspire | Enfamil Reguline |
| Similac Sensitive | Similac Pro Sensitive | Similac 360 Sensitive Total Care | Enfamil NeuroPro Sensitive | Gerber Good Start Gentle | Gerber Good Start Gentle Pro | |
| Similac Soy Isomil | Enfamil Prosobee | Gerber Good Start Soy | | | | |
| Similac Gentle Comfort | Similac Pro Total Comfort | Enfamil Gentlease | Enfamil Enspire Genetlease | Enfamil NeuroPro Gentlease | Gerber Good Start SoothePro | |



EXEMPT INFANT FORMULAS

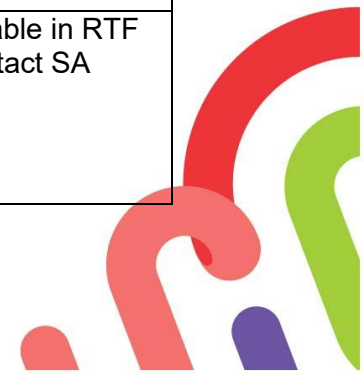
| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|--|--------------|-------|--------------------|--------------------|---|---|---|
| Alfamino Infant | Nestle | PWD | 14.1 oz | 31- 093 | Cow's milk allergy; multiple food allergies; malabsorption; short bowel syndrome; GER; impaired GI function | CHO: corn syrup solids, potato starch Pro: amino acids Fat: soybean oil, high oleic sunflower oil, vegetable oil, MCTs | |
| EleCare Infant | Abbott | PWD | 14.1 oz | 31- 042 | Cow's milk allergy; multiple food allergies; malabsorption; short bowel syndrome; GER; impaired GI function | CHO: corn syrup solids Pro: amino acids Fat: High oleic safflower oil, soy oil, MCTs | |
| Enfamil AR | Mead Johnson | PWD | 12.9 oz 19.5 oz | 21- 013 21- 090 | GER/GERD; reflux | CHO: rice starch, lactose, maltodextrin Pro: nonfat milk Fat: vegetable oil | Pre-thickened with rice starch Contains milk and soy |
| Enfamil Nueropro Enfacare (22 cal / oz) | Mead Johnson | PWD | 13.6 oz | 31- 011 | Prematurity; low birth weight | CHO: corn syrup solids, lactose | 22 calories/oz |



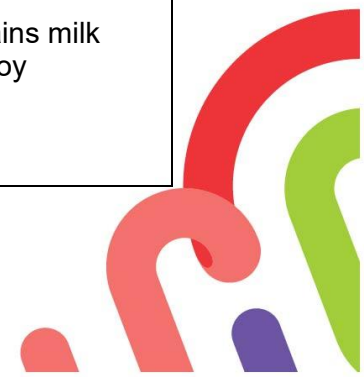
| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|---------------------------|--------------|-------|----------|--------------|---|---|--|
| | | | | | | Protein: nonfat milk, whey protein concentrate Fat: high oleic sunflower oil, soy oil, coconut oil, MCTs | Contains milk and soy |
| | | CONC | 13 fl oz | 31- 002 | | | |
| | | RTF | 32 fl oz | 31- 003 | | | |
| Fortini (30 cal / oz) | Nutricia | RTF | 4 fl oz | 31- 062 | Increased energy requirements, cystic fibrosis, CHD, growth failure, fluid restriction | CHO: nonfat milk, maltodextrin, lactose Pro: whey protein Fat: refined vegetable oils | 30 calories / oz. Contains milk and soy. |
| Gerber Extensive HA | Nestle | PWD | 14.1 oz | 31- 091 | Cow's milk allergy; multiple food allergies; fat malabsorption; GER; impaired GI function | CHO: corn maltodextrin, potato starch Pro: hydrolyzed whey protein isolate Fat: vegetable oils, MCTs | |
| Neocate Infant w/DHA &ARA | Nutricia | PWD | 14.1 oz | 31- 072 | Cow's milk allergy; multiple food allergies; fat malabsorption; short bowel syndrome; GER; impaired GI function | CHO: corn syrup solids Pro: amino acids Fat: refined vegetable oils, MCTs | 1:1 mixing ratio |



| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|---------------|--------------|-------|--------------------|--------------------|---|--|---|
| Neocate Syneo | Nutricia | PWD | 14.1 oz | 41- 336 | Cow's milk allergy; multiple food allergies; fat malabsorption; short bowel syndrome; GER; impaired GI function | CHO: corn syrup solids Pro: amino acids Fat: refined vegetable oils | Contains pre/probiotics 1:1 mixing ratio |
| Nutramigen | Mead Johnson | PWD | 12.6 oz 19.8 oz | 31- 004 31- 035 | Cow's milk allergy; multiple food allergies; GER; impaired GI function | CHO: corn syrup solids, modified corn starch Pro: casein hydrolysate Fat: vegetable oil, coconut oil, soy oil, high oleic sunflower oil | |
| | | CONC | 13 fl oz | 31- 002 | | | |
| | | RTF | 32 fl oz | 31- 003 | | | |
| Pepticate | Nutricia | PWD | 14.1 oz | 31- 102 | Cow's milk allergy, impaired GI function | CHO: maltodextrin Pro: whey protein hydrolysates Fat: palm oil, canola oil, coconut oil, sunflower oil, | Tuna fish oil* - source of docosahexaenoic acid |
| Pregestimil | Mead Johnson | PWD | 16 oz | 31- 009 | Fat malabsorption; cystic fibrosis; short bowel syndrome; severe diarrhea; PEM; impaired GI function | CHO: corn syrup solids, modified corn starch, | Available in RTF – contact SA |



| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|----------------------------------|--------------|-------|--------------------|--------------------|--|---|---|
| | | | | | | Pro: casein hydrolysate Fat: MCT oil, soy oil, corn oil, high oleic vegetable oil | |
| PurAmino | Mead Johnson | PWD | 14.1 oz | 31- 069 | Cow's milk allergy; multiple food allergies; protein maldigestion; malabsorption; short bowel syndrome; impaired GI function | CHO: corn syrup solids; modified tapioca starch Pro: amino acids Fat: high oleic sunflower oil, soy oil, MCT oil | Lactose-free |
| Similac Alimentum | Abbott | PWD | 12.1 oz 19.8 oz | 31- 033 31- 035 | Cow's milk allergy; multiple food allergies; GER; impaired GI function | CHO: corn maltodextrin, sugar Pro: casein hydrolysate Fat: high oleic safflower oil, MCTs | RTF is corn-free |
| | | RTF | 32 fl oz | 31- 032 | | | |
| Similac Neosure (22 cal / oz) | Abbott | PWD | 13.1 oz 22.8 oz | 31- 030 31- 028 | Prematurity; low birth weight | CHO: corn syrup solids, lactose Pro: nonfat milk, whey protein concentrate | 22 calories/oz Contains milk and soy |
| | | RTF | 32 fl oz | 31- 031 | | | |



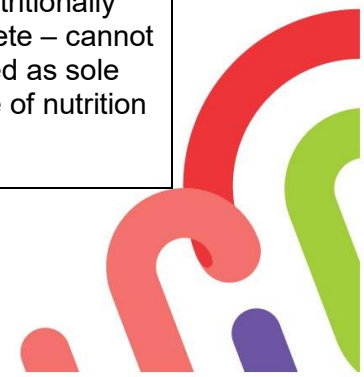
| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|--|--------------|-------|---------|--------------|---|---|------------------------|
| | | | | | | Fat: soy oil, coconut oil, MCTs | |
| Similac PM 60/40 | Abbott | PWD | 14.1 oz | 31- 036 | Impaired renal function; infants needing lower mineral intake | CHO: lactose Pro: whey protein concentrate, sodium caseinate Fat: high oleic safflower oil, soy oil, coconut oil | Low in iron |
| Additional formula products and sizes may be available in DC WIC. Please contact the State Agency if you receive a request for a product not listed above. | | | | | | | |

WIC-ELIGIBLE NUTRITIONALS; CHILDREN

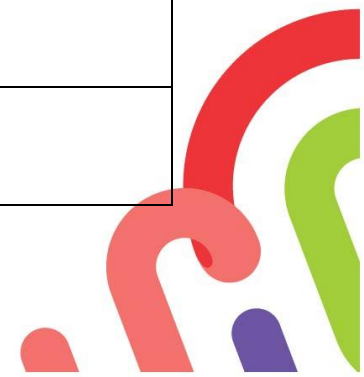
| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|-------------|--------------|-------|---------|--------------|---|--|-------------------------------------|
| Alfamino Jr | Nestle | PWD | 14.1 oz | 41- 329 | Cow's milk allergy; multiple food allergies; malabsorptive disorders; show bowel syndrome; impaired GI function | CHO: corn syrup solids; potato starch Pro: amino acids Fat: soybean oil, MCTs (65%) | Vanilla and unflavored |
| Beneprotein | Nestle | PWD | 8 oz | 41- 090 | High-protein diets; malnutrition | CHO: - - - Pro: whey protein isolate Fat: - - - | Unflavored Contains milk and soy |



| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|---------------------------------|--------------|-------|--------------------|--------------|---|--|---|
| Boost Kid Essentials 1.0 | Nestle | RTF | 8 fl oz | 41- 264 | Increased nutrient needs; inadequate oral intake; malnutrition | CHO: brown rice syrup; sugar Pro: milk protein concentrate Fat: canola oil | Chocolate, strawberry, vanilla Contains milk |
| Boost Kid Essentials 1.5 | Nestle | RTF | 8 fl oz | 41- 277 | Increased nutrient needs; inadequate oral intake; malnutrition; shortened feeding schedules | CHO: brown rice syrup; sugar Pro: milk protein concentrate Fat: canola oil, soybean oil, MCTs | Chocolate, strawberry, vanilla Contains milk |
| Compleat Pediatric Original 1.0 | Nestle | RTF | 8.45 fl oz (250mL) | 41- 181 | Short or long-term tube-feeding regimen | CHO: brown rice syrup; fruit and vegetables Pro: milk protein concentrate, pea protein isolate, dehydrated chicken powder Fat: canola oil, MCTs | For tube-feeding, made with real food ingredients Contains milk |
| Duocal (Super Soluble) | Nutricia | PWD | 14.1 oz | 41- 074 | Dietary management requiring high-calorie, low-fluid, low-electrolytes; protein-restricted diets; protein and/or amino acid metabolism disorders; malabsorption | CHO: corn syrup solids Pro: - - - Fat: refined vegetable oil, MCTs | Protein-free Not nutritionally complete – cannot be used as sole source of nutrition |



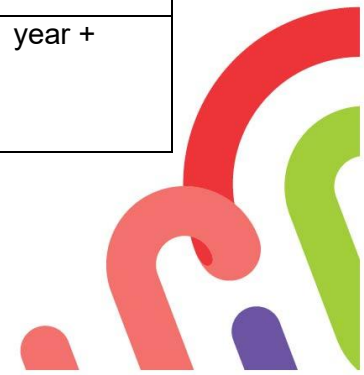
| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|--------------------|--------------|-------|---------|---|--|--|--|
| Elecare Jr | Abbott | PWD | 14.1 oz | 31- 073 | Multiple food allergies; protein maldigestion; malabsorption; short bowel syndrome; impaired GI function | CHO: corn syrup solids Pro: amino acids Fat: high oleic safflower oil, MCTs, soy oil | Banana, chocolate, vanilla, unflavored |
| Neocate Jr | Nutricia | PWD | 14.1 oz | 41- 063 (unflavored) 41- 064 (flavor – choc/van/str) | Cow's milk allergy; multiple food allergies; malabsorption; short bowel syndrome, malabsorption; GER | CHO: corn syrup solids Pro: amino acids Fat: refined vegetable oil, sunflower oil, canola oil, MCTs | Chocolate, strawberry, vanilla, unflavored (with and without prebiotics) |
| Neocate Splash | Nutricia | RTF | 8 fl oz | 41- 066 | Cow's milk allergy; multiple food allergies; short bowel syndrome, malabsorption; GER; impaired GI function | CHO: maltodextrin, sugar Pro: amino acids Fat: refined vegetable oil, MCTs, canola oil, sunflower oil | Grape, orange-pineapple, tropical fruit, vanilla, unflavored |
| Neocate Syneo Jr | Nutricia | PWD | 14.1 oz | 41 - 288 | Cow's milk allergy, multiple food allergies, impaired GI function Not indicated for children with SBS or malabsorption | CHO: corn syrup solids Pro: amino acids Fat: refined vegetable oils | Includes prebiotic |
| Nutramigen Toddler | Mead Johnson | PWD | 12.6 oz | 31- 086 | Cow's milk allergy; multiple food allergies; impaired GI function | CHO: corn syrup solids, modified corn starch | |



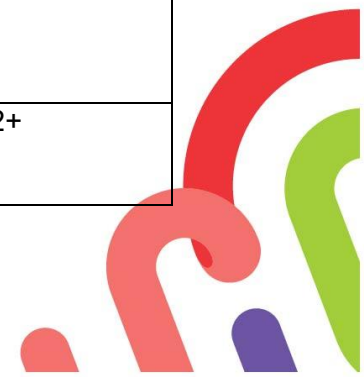
| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|---------------------------|--------------|-------|---------|--------------|---|--|--|
| | | | | | | Pro: casein hydrolysate Fat: vegetable oil | |
| Nutren Junior w/ Fiber | Nestle | RTF | 8 fl oz | 41- 142 | Bowel management; growth failure; malnutrition; short or long-term tube-feeding | CHO: maltodextrin, sugar Pro: milk protein concentrate, whey protein concentrate Fat: soybean oil, canola oil, MCTs | Suitable for tube-feeding and oral intake Added fiber Contains milk and soy |
| Nutren Junior | Nestle | RTF | 8.45 oz | 41- 142 | Growth failure; malnutrition; short or long-term tube-feeding | CHO: maltodextrin, sugar Pro: milk protein concentrate, whey protein concentrate Fat: canola oil, soybean oil, MCTs | Suitable for tube-feeding and oral intake Vanilla flavor Contains milk and soy |
| Pediasure (Grow and Gain) | Abbott | RTF | 8 fl oz | 41- 036 | Growth failure; increased nutrient needs; sole source of nutrition | CHO: corn maltodextrin, sugar, lactose Pro: milk protein concentrate, soy protein isolate, nonfat milk Fat: soy oil, high oleic safflower oil | Banana, chocolate, strawberry, s'mores, vanilla flavors Contains milk and soy |



| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|---------------------------|--------------|-------|---------|--------------|---|--|--|
| Pediasure with fiber | Abbott | RTF | 8 fl oz | 41- 342 | Growth failure; increased nutrient needs; sole source of nutrition | CHO: corn maltodextrin, sugar Pro: milk protein concentrate, soy protein isolate Fat: soy oil, high oleic safflower oil | Strawberry, vanilla Contains milk and soy |
| Pediasure 1.5 | Abbott | RTF | 8 fl oz | 41- 256 | Growth failure; increased nutrient needs; sole source of nutrition; fluid-restricted diet | CHO: corn maltodextrin Pro: milk protein concentrate, soy protein isolate Fat: high oleic safflower oil, soy oil, MCTs | Vanilla Contains milk and soy |
| Pediasure 1.5 with fiber | Abbott | RTF | 8 fl oz | 41- 256 | Growth failure; increased nutrient needs; sole source of nutrition; fluid-restricted diet | CHO: corn maltodextrin Pro: milk protein concentrate, soy protein isolate Fat: high oleic safflower oil, soy oil, MCTs | Vanilla Contains milk and soy |
| Pediasure Enteral Formula | Abbott | RTF | 8 fl oz | 41- 037 | For tube-feeding | CHO: corn maltodextrin, sugar | Ages 1 year + Vanilla |



| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|-----------------------|--------------|-------|---------|--------------|---|--|---|
| | | | | | | Pro: milk protein concentrate, soy protein isolate Fat: high oleic safflower oil, soy oil, MCTs | Contains milk and soy |
| Pediasure Peptide 1.0 | Abbott | RTF | 8 fl oz | 41- 228 | Peptide-based formula for malabsorption; maldigestion; impaired GI function | CHO: corn maltodextrin, short-chain fructooligosaccharides Pro: whey protein hydrolysate, hydrolyzed sodium caseinate Fat: structured lipid, MCTs, canola oil | Chocolate, strawberry, vanilla, unflavored Contains milk and soy |
| Pediasure Peptide 1.5 | Abbott | RTF | 8 fl oz | 41- 258 | Peptide-based formula for malabsorption; maldigestion; children requiring higher caloric density and/or have fluid restrictions | CHO: corn maltodextrin, short-chain fructooligosaccharides Pro: whey protein hydrolysate, hydrolyzed sodium caseinate Fat: structured lipid, MCTS, canola oil | Vanilla Contains milk and soy ingredients |
| Pediasure Sidekicks | Abbott | RTF | 8 fl oz | 41- 316 | Increased nutrient needs; higher protein needs | CHO: sugar, corn maltodextrin | Ages 2+ |



| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|------------------------|--------------|-------|------------------|--------------|---|--|---|
| | | | | | | Pro: milk protein concentrate, soy protein isolate, nonfat milk Fat: canola oil, corn oil, soy oil | Chocolate, strawberry, vanilla Contains milk and soy |
| Peptamen Jr | Nestle | RTF | 8.45 oz (250 mL) | 41- 153 | Short bowel syndrome; cerebral palsy; cystic fibrosis Chron's disease; malabsorption; chronic diarrhea; delayed gastric emptying; growth failure; malnutrition | CHO: maltodextrin, corn starch, sugar Pro: hydrolyzed whey protein Fat: canola oil, soybean oil, MCTs | Suitable for tube-feeding and oral intake Strawberry, vanilla, unflavored Contains milk and soy |
| Peptamen Jr with fiber | Nestle | RTF | 8.45 oz (250 mL) | 41- 153 | Short bowel syndrome; cerebral palsy; cystic fibrosis Chron's disease; malabsorption; chronic diarrhea; delayed gastric emptying; growth failure; malnutrition | CHO: maltodextrin, sugar, corn starch Pro: hydrolyzed whey protein Fat: canola oil, soybean oil, MCTs | Suitable for tube-feeding and oral intake Vanilla Contains milk and soy |
| Peptamen Jr 1.5 | Nestle | RTF | 8.45 oz (250 mL) | 41- 234 | Critical illness / trauma; transplant patients; cystic fibrosis; Chron's disease; cerebral palsy; short bowel syndrome; malabsorption; chronic diarrhea; growth failure; malnutrition | CHO: maltodextrin, cornstarch, sugar, hydrolyzed guar gum Pro: hydrolyzed whey protein | Peptide-based formula Vanilla, unflavored Contains milk and soy |



| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|--|--------------|-------|------------------|--------------|--|--|--|
| | | | | | | Fat: canola oil, soybean oil, MCTs. Refinished fish oil | |
| Peptamen Jr High Protein (HP) | Nestle | RTF | 8.45 oz (250 mL) | 41- 156 | Short bowel syndrome; cancer cachexia; cerebral palsy; cystic fibrosis; Crohn's disease; malabsorption; chronic diarrhea; delayed gastric emptying; growth failure; malnutrition; PEM; critical illness / trauma | CHO: maltodextrin, sugar, corn starch Pro: hydrolyzed whey protein Fat: canola oil, soybean oil, MCTs | Vanilla Contains milk and soy |
| PurAmino Jr (30 cal / oz) | Mead Johnson | PWD | 14.1 oz | 41- 011 | Cow's milk allergy; multiple food allergies; protein maldigestion; malabsorption; short bowel syndrome; impaired GI function | CHO: corn syrup solids Pro: amino acids Fat: high oleic sunflower oil, MCTs, soy oil | 30 kcal/oz Vanilla, unflavored |
| Renestart | Nestle | PWD | 14.1 oz | 41- 014 | Pediatric kidney disease | CHO: corn syrup solids Pro: whey protein concentrate Fat: vegetable oil, mono and di-glycerides | Ages 1+ 1:1 mixing ratio Not intended to use as sole source of nutrition |
| Additional nutritional products and sizes may be available in DC WIC. Please contact the State Agency if you receive a request for a product not listed above. | | | | | | | |

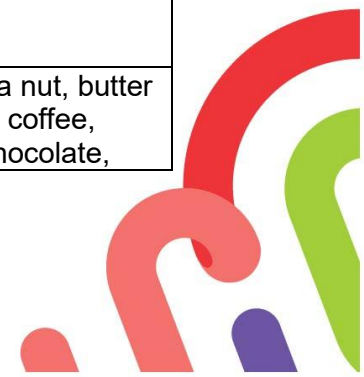


WIC-ELIGIBLE NUTRITIONALS; WOMEN

| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|--------------------|--------------|-------|---------|--------------|--|--|--|
| Boost Original | Nestle | RTF | 8 fl oz | 41- 008 | Increased nutrient needs; inadequate oral intake; malnutrition, interim sole source of nutrition | CHO: glucose syrup, sugar, cocoa processed with alkali Pro: milk protein concentrate, soy protein isolate Fat: canola oil | Chocolate, peaches and crème, strawberry, vanilla Contains milk and soy |
| Boost Breeze | Nestle | RTF | 8 fl oz | 41- 171 | Clear-liquid diet; fat malabsorption; malnutrition | CHO: sugar, glucose syrup Pro: whey protein isolate Fat: - - - | Peach, wildberry Contains milk |
| Boost High Protein | Nestle | RTF | 8 fl oz | 41- 225 | Increased protein requirements; increased nutrient needs; malnutrition | CHO: glucose syrup, sugar Pro: milk protein concentrate, soy protein isolate, calcium caseinate, sodium caseinate Fat: canola oil | Chocolate, Cinnabon®, Strawberry, vanilla Contains milk and soy |
| Boost Plus | Nestle | RTF | 8 fl oz | 41- 172 | Inadequate oral intake; increased nutrient needs; malnutrition; fluid | CHO: glucose syrup, sugar Pro: milk protein concentrate, soy | Chocolate, strawberry, vanilla |



| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|------------------------------|--------------|-------|----------|--------------|--|--|--|
| | | | | | restriction; interim sole source of nutrition | protein isolate, calcium caseinate, sodium caseinate Fat: canola oil, high oleic sunflower oil, corn oil | Contains milk and soy |
| Duocal (Super Soluble) | Nutricia | PWD | 14.1 oz | 41- 074 | Dietary management requiring high-calorie, low-fluid, low- electrolytes; protein- restricted diets; protein and/or amino acid metabolism disorders; malabsorption | CHO: corn syrup solids Pro: - - - Fat: refined vegetable oil, MCTs | Protein-free Not nutritionally complete – cannot be used as sole source of nutrition |
| Ensure Clear | Abbott | RTF | 10 fl oz | 41- 007 | Clear-liquid diet; fat malabsorption; fat- restricted diets | CHO: sugar, corn syrup solids Pro: whey protein isolate Fat: - - - | Apple, mixed berry Fat free Contains milk |
| Ensure High Protein | Abbott | RTF | 8 fl oz | 41- 006 | Increased nutrient needs; increased protein needs | CHO: corn maltodextrin, sugar, Pro: milk protein concentrate, soy protein isolate, Fat: canola oil | Milk chocolate, vanilla Contains milk and soy |
| Ensure Original | Abbott | RTF | 8 fl oz | 41- 005 | Increased nutrient needs; involuntary weight loss; malnutrition | CHO: corn maltodextrin, sugar | Banana nut, butter pecan, coffee, dark chocolate, |



| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|-------------------------|--------------|-------|---------|--------------|---|--|--|
| | | | | | | Pro: milk protein concentrate, soy protein isolate Fat: vegetable oils | milk chocolate, strawberry, vanilla Contains milk and soy |
| Ensure Plus | Abbott | RTF | 8 fl oz | 41- 012 | Increased nutrient needs; involuntary weight loss; malnutrition | CHO: corn maltodextrin, sugar Pro: milk protein concentrate, soy protein isolate Fat: vegetable oils | Butter pecan, dark chocolate, milk chocolate, strawberry, vanilla 50% more calories than Ensure Original Contains milk and soy |
| Glucerna Shake | Abbott | RTF | 8 fl oz | 41- 019 | Diabetes management | CHO: fructose, corn maltodextrin Pro: milk protein concentrate, soy protein isolate Fat: canola oil, corn oil | Butter pecan, caramel, chocolate, strawberry, vanilla Not nutritionally complete – cannot be used as sole source of nutrition |
| Suplena with Carbsteady | Abbott | RTF | 8 fl oz | 41- 050 | Chronic kidney disease not on dialysis | CHO: corn maltodextrin, isomaltulose, sugar Pro: milk protein concentrate, sodium caseinate | Vanilla Contains milk and soy |



| Product | Manufacturer | Forms | Sizes | HANDS Subcat | Indications | CHO/PRO/FAT Source | Special Considerations |
|---------|--------------|-------|-------|--------------|-------------|--|------------------------|
| | | | | | | Fat: high oleic safflower oil, canola oil | |

TODDLER TRANSITIONAL FORMULAS

No medical indications – **please contact DC WIC State Agency** if you receive a request for one of the following products:

| Product | Manufacturer | Forms | Sizes | CHO/PRO/FAT Source | Special Considerations |
|--------------------------------|--------------|-------|---------------------|---|---|
| Carnation Breakfast Essentials | Nestle | PWD | 8 oz | CHO: glucose syrup, sugar Pro: milk protein concentrate Fat: canola oil | Chocolate, cookies 'n cream, mixed berry, strawberry, vanilla |
| | | RTF | 8 fl oz | | |
| Enfagrow Enspire Toddler | Mead Johnson | PWD | 24 oz | CHO: nonfat milk, lactose Pro: whey protein-lipid concentrate, whey protein concentrate Fat: vegetable oil | Ages 1 + Milk-flavored Contains milk and soy |
| Enfagrow NeuroPro Toddler | Mead Johnson | RTF | 8 fl oz 32 fl oz | CHO: sugar, corn syrup solids Pro: buttermilk, nonfat milk Fat: vegetable oil | Ages 1+ Vanilla, unflavored Contains milk and soy |

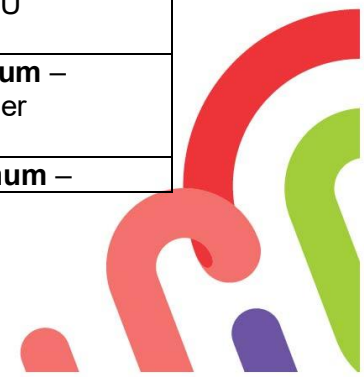


| Product | Manufacturer | Forms | Sizes | CHO/PRO/FAT Source | Special Considerations |
|------------------------------------|--------------|-------|----------------|--|------------------------|
| Enfagrow Premium Toddler | Mead Johnson | PWD | 24 oz 32 oz | CHO: corn syrup solids, lactose Pro: nonfat milk Fat: vegetable oil | Contains milk and soy |
| Enfagrow Premium Toddler Gentlease | Mead Johnson | PWD | 29.1 oz | CHO: corn syrup solids, Pro: partially hydrolyzed nonfat milk, whey protein concentrate Fat: vegetable oils | Contains milk and soy |

METABOLIC FORMULAS

Please contact DC WIC State Agency if you receive a request for one of the following products:

| Infants | Children | Women and Children | Women |
|---|---------------------------------------|--|---|
| Calcilo XD – 13.2 oz powder | KetoCal 4:1 LQ – 8 oz RTU | Complex Essential MSD – 16 oz powder | Lophlex – 14.3 g powder sachet |
| Cyclinex-1 – 14.1 oz powder | XPhe Maxamum – 16 oz powder | Cyclinex-2 – 14.1 oz powder | MSUD Maxamum – 16 oz powder |
| GA-1 Anamix Early Years – 14-oz powder | | Essential Amino Acid Mix – 200 g powder packet | Periflex Advance – 16 oz powder |
| Glutarex – 1 – 14.1 oz powder | | HCU Anamix Next – 14.1 oz powder | Periflex LQ Drink – 8.45 oz RTU |
| HCU Anamix Early Years – 14.1 oz powder | | Hominex – 2 – 14.1 oz powder | XLEU Maxamum – 16 oz powder |
| Hominex – 1 – | | I – Valex 2 – | XMTVI Maxamum – |



| Infants | Children | Women and Children | Women |
|--|----------|--|--------------|
| 14.1 oz powder | | 14.1 powder | 16 oz powder |
| I-Valex 1 – 14.1 oz powder | | Monogen – 14.1 oz powder | |
| IVA Anamix Early Years – 14 oz powder | | MMA-PA Anamix Next – 14.1 oz powder | |
| MMA-PA Anamix Early Years – 14 oz powder | | PhenylAde Essential Drink Mix 16 oz powder | |
| MSUD Anamix Early Years – 14 oz powder | | PhenylAde40 Drink Mix – 25 g powder packet | |
| TYR Anamix Early Years – 14 oz powder | | PhenylAde MTE Amino Acid Blend – 16 oz powder | |
| KetoCal 3:1 – 11 oz powder | | TYR Anamix Next – 14.1 oz powder | |
| KetoCal 4:1 – 11 oz powder can | | | |



MAXIMUM MONTHLY ALLOWANCE (MMAs) CONSIDERATIONS

Infants Formula Feeding (IFF)

Infants' formula-fed rely solely on infant formula for nutrition. Generally, staff will issue the MMA set in the MIS for these participants but should individually tailor to the amounts that meet their nutritional needs as warranted by the nutrition assessment per 7 CFR 246.10(e)(9).

Infants Partially Breastfeeding (Some) (IPN+)

To determine the appropriate amount of formula to prescribe to infants partially breastfeeding (some) (IPN+) please use the [WIC Infant Formula Tailoring Calculator](#). The WIC Infant Formula Tailoring Calculator was created by USDA for CPAs to determine how much of a particular infant formula product can be issued to an individual infant to meet their assessed needs and avoid over-issuing formula/provide the minimal amount of formula to support continued breastfeeding.

Infants Partially Breastfeeding (Mostly) (IPN)

To determine the appropriate amount of formula to prescribe to infants partially breastfeeding (mostly) (IPN) please use the [WIC Infant Formula Tailoring Calculator](#) or see DC WIC policies 9.005 Infant Food Packages and 9.008 Qualifying Medical Conditions.

Infants 6 to 11-month-old with No Solid Foods

By prescription, infants 6-11 months who are unable to eat supplemental foods for medical reasons may be issued the same amount of formula as 4 to 5-month-old infants of same category. To ensure issuance of the correct MMA, select food packages in the MIS labeled "...NO SOLID FOODS."

Women Exclusively Breastfeeding Multiples (EN-Multiples)

Women exclusively breastfeeding multiple infants may receive 1.5 times the amount of formula, which equals 1365 reconstituted ounces. To ensure issuance of the correct MMA, select food packages in the MIS labeled "EN Multiples..."



INSTRUCTIONS FOR ORDERING SPECIAL FORMULA

DC WIC's exempt formulas must be purchased at approved pharmacies. Most DC WIC-approved pharmacies are inside chain grocery stores (e.g. Giant, Safeway, Harris Teeter, and Walmart).

Steps to Order Special Formula

1. Participants can call or visit an approved pharmacy to order the formula listed on their food benefits at least two days before their Last-Date-To-Use (LDTU). The pharmacy has 48 hours to get the formula.
2. If the pharmacy does not have the formula within 48 hours, participants should call DC WIC State Agency administration office at 202-442-9397.
3. Approved pharmacies can be found here: <https://www.dcwic.org/foods-formulas> , under Authorized Stores with the pharmacy phone number listings.

GUIDELINES FOR PREPARING AND STORING FORMULA

Selecting and Storing Infant Formula

- Carefully check the “use by” date on the can; if the formula has expired – discard it. Do not feed to the infant.
- Never use cans that have dents, leaks, bulges, puffed ends, pinched tops or bottoms, or rust spots. These deformities indicate that the product quality may be diminished and that the product is unsafe.
- Store cans in a cool, indoor place – never in cars, garages, or outdoors. Extreme heat can affect the formula quality. Do not refrigerate or freeze unprepared formula.

Keeping Bottles Clean

- Bottles should be thoroughly washed using soap, hot water, and bottle / nipple brushes; or cleaned in a dishwasher.
- Sterilize all bottle parts by placing in boiling water for at minimum one minute to kill off bacteria. This practice should continue until infant is at least 2 months of age or longer if immune-compromised.

Preparing Infant Formula

- Always follow the manufacturer's instructions for preparation, or instruction from the health care provider.
- Water source should be sterilized by boiling for at least one minute and cooled before mixing with formula.
 - Bottled water: In general, it is safe to use bottled water to prepare infant formula if the caregivers understand the following points:



- The amount of fluoride varies in different bottled waters.
- If an infant is consuming only formula mixed with fluoridated water, there is an increased risk of mild dental fluorosis.
- Bottled waters labeled as deionized, purified, demineralized, or distilled contain little to no fluoride, unless fluoride is specifically listed. Using such products to mix formula may lessen an infant's chance of developing fluorosis.
- It is impossible for the health care provider to assess the amount of fluoride the infant is ingesting without knowing the fluoride content in the bottled water.

Formula Preparation Guidelines:

| Type of Formula | Mix | Add |
|---------------------|---|---|
| Powder | Follow instructions on label, as scoop sizes may vary | Appropriate amount of water as noted on label |
| Concentrate | Equal part concentrated liquid | Equal part water |
| Ready to Feed (RTF) | Ready for infant to consume as-is | None |

Warming Infant Formula

- For infants who prefer a warmed bottle, warming should take place immediately before serving.
- It is safe to hold the bottle under warm, running tap water. Then swirl the bottle contents and test the temperature by squirting a couple drops of formula onto the wrist. The formula temperature must always be tested prior to a feeding to make sure it is not too hot or cold.
- **NEVER USE A MICROWAVE TO WARM FORMULA.** The liquid may become overly hot and remain hot even after the bottle feels cool.

Note: infants have been seriously burned by liquids warmed in microwave ovens. Covered bottles, especially vacuum sealed and metal-capped bottles of RTF formula, can explode when heated in a microwave.

Infant Formula Guidance Resources:

1. CDC - [Tips for Infant Formula Feeding | Infant and Toddler Nutrition | CDC](#)
2. FDA - <https://www.fda.gov/food/people-risk-foodborne-illness/questions-answers-consumers-concerning-infant-formula>
3. AAP - <https://www.healthychildren.org/English/ages-stages/baby/formula-feeding/Pages/default.aspx>



DC WIC APPROVED FORMULA SUPPLIERS

Please contact the DC WIC State Agency office at info.vendor@dc.gov or call (202) 442-9397 for further information.

Primary Manufacturers and Distributors:

| Manufacturer | Contact | Common Brands |
|-------------------------------|---|---|
| Abbott Nutrition | Website: https://abbottnutrition.com/ Phone: (800)-227-5767 | Similac Pediasure Elecare Ensure |
| Mead Johnson Nutrition | Website: https://www.meadjohnson.com/pediatrics/us-en/ Phone: (800) 457-3550 | Enfamil Nutramigen PurAmino |
| Nestle Health Science | Website: https://www.nestlemedicalhub.com/ Phone: (800) 422-2752 | Boost Gerber Good Start Gerber Extensive HA Peptamen |
| Nutricia North America | Website: http://www.nutricia-na.com/ Phone: (301) 795-2300 or (800) 365-7354 | Neocate Pepticate KetoCal Duocal |

