

Loving Support makes breastfeeding work

Breastfeeding Promotion & Support



*Your baby only needs your breastmilk!
Only you can provide that!*

Exciting News for WIC Moms!

WIC's new food packages support breastfeeding

- ❖ Fully breastfeeding moms get the most food with cheese, canned fish, beans *and* peanut butter...PLUS a \$10 cash-value voucher for fruits and vegetables
- ❖ Fully breastfeeding babies get baby food meats and larger amounts of baby fruits and vegetables
- ❖ Manual breast pumps are free; Electric breast pumps can be borrowed (for those that qualify)
- ❖ Breastfeeding Educators and Peer Counselors (at most clinics) provide free support

**Your breastmilk goes far beyond the perfect nutrition.
Nothing else can replace your breast milk.
To make enough breastmilk, do not offer anything else the first 4-6 weeks.**