Breastfeeding
You can do it — WIC can help

WIC supports breastfeeding in many ways.
All breastfeeding moms get support from WIC. It doesn’t matter how often you breastfeed or how long you breastfeed. You do not have to pay for breastfeeding supplies from WIC. The supplies you can get depend on how much you breastfeed.

Services

- **Prenatal education**
  What are the benefits of breastfeeding? Can breastfeeding be comfortable? Is my baby getting enough? How can I breastfeed while going to work or school? Find out!

- **Breastfeeding coordinator**
  The breastfeeding coordinator makes sure that you will get good information when you need it.

- **Peer counselors***
  Peer counselors are moms who breastfed. They had many of the same questions that you have! They also have extra training to help you get started breastfeeding.

Supplies

- **Manual breast pump**
  This pump is for moms who only need to pump once in a while.

- **Multiple-user electric breast pump**
  Do you or your baby have a medical condition that doesn’t let you feed your baby at your breast? WIC may be able to loan you a hospital-grade breast pump.

- **Personal electric breast pump**
  Have you exclusively breastfed for at least one month? Will be away from your baby for more than four hours a day? If you said yes to both, you may be able to get this pump.

- **Breastfeeding aids***
  Your WIC agency may have other supplies to help you. Some examples are breast pads, breast shells, nipple shields, and supplemental feeding devices.

*Not available at all WIC clinics.

Frequently Asked Questions

**What if I have a problem breastfeeding?**
WIC will help you with breastfeeding concerns. Breastfeeding experts will answer your questions. You may also be able to get a breast pump, if it will help you.

**Can I have one can of formula as back-up?**
If you hand express or pump, your own breast milk can be your back-up! You can store that breast milk in the freezer. Ask WIC about hand expression or pumping. You can also switch food packages next month, if that is what you want to do.

**What if I don't make enough breast milk?**
Almost all women can make enough breast milk. The more you breastfeed, the more milk you will make. Talk to WIC about your concerns.

**Doesn’t feeding breast milk and formula give my baby the best of both?**
No, breast milk is best. It is the normal way of feeding a baby. It gives your baby everything he needs to grow. You may make less milk if you start giving your baby formula.

**Got more questions? Call:**

Name: __________________________________________
Number: _______________________________________

WIC Food Packages
for Moms and Babies

Breastfeed Your Baby
Healthy Habits, Healthy Families
North Carolina WIC

More WIC foods
another bonus for breastfeeding moms and babies
### Fully Breastfeeding
Mom gets food for her 1st year of breastfeeding.

- **Cheese**: 1 pound
- **Tuna/Salmon**: 30 ounces
- **Legumes**: 1 pound (AND Whole Wheat Bread/Whole Grains 1 pound)
- **Peanut Butter**: 16 ounces
- **Cereal**: 36 ounces
- **Eggs**: 2 dozen
- **Juice**: 144 fluid ounces
- **Fruits & Vegetables**: 128 ounces
- **Milk**: 6 gallons

**$65 value every month**

### Partially Breastfeeding
Mom gets food for her 1st year of breastfeeding.

- **No Cheese except as a substitute for milk**
- **No Fish**
- **Legumes**: 1 pound (AND Whole Wheat Bread/Whole Grains 1 pound)
- **Peanut Butter**: 16 ounces
- **Cereal**: 18 ounces
- **Eggs**: 1 dozen
- **Juice**: 144 fluid ounces
- **Fruits & Vegetables**: 128 ounces
- **Milk**: 5½ gallons

**$50 value every month**

### Fully Formula Feeding
Mom gets food for up to 6 months after delivery.

- **No Cheese except as a substitute for milk**
- **No Fish**
- **Legumes**: 1 pound (AND Whole Wheat Bread/Whole Grains 1 pound)
- **Peanut Butter**: 16 ounces
- **Cereal**: 36 ounces
- **Eggs**: 1 dozen
- **Juice**: 96 fluid ounces
- **Milk**: 4 gallons

**$40 value every month**

### Breast Milk

- **Breast Milk**
- **Some WIC infant formula**

**$75 value every month**

### Infant Meats

- **Baby**
  - No Infant Meats
  - starting at 6 months

- **Mom**
  - No Infant Meats

### Infant Cereal

- **Baby**: 24 ounces
- **Mom**: 77.5 ounces

**$75 value every month**

### Infant Fruits & Vegetables

- **Baby**: 256 ounces
- **Mom**: 24 ounces

**$25 value every month**