

# WIC Makes A Healthy Difference!

Are you thinking of  
breastfeeding your baby?

If so, WIC may be for you.

## WIC provides:

- Breastfeeding support
- Healthy foods
- Health referrals
- Eating tips for you and your child

## To get WIC, you or your baby must:

1. **Live in a household with income at or below WIC guidelines**
2. **Have a health risk factor based on:**
  - Height and weight
  - Blood test for low iron
  - Health history
  - Diet history



## To get more information:

Call your local health department, or  
Visit the WIC website at:

[www.nutritionnc.com](http://www.nutritionnc.com)

## When you apply, you will need to bring proof of:

- Identification
- Residence (where you live)
- Household income

Get our best food package!

Ask WIC how.

# Breastfeeding and WIC

All breastfeeding moms can get support from WIC. It doesn't matter how often you breastfeed or how long you breastfeed. WIC is always willing to help through education, assistance and referral. Either you or your baby must be enrolled in the WIC Program to be eligible for breastfeeding services or supplies. We offer breastfeeding supplies free of charge to WIC participants. The supplies you get depend on the needs of you and your baby. Mothers who choose to fully breastfeed get our best food package. How much you breastfeed will help WIC staff assist in choosing which foods you get.

In addition to healthy foods, you and your baby may be eligible for these services and supplies:

## Services

- **Breastfeeding Education**  
You may be asking yourself some of these questions: What are the benefits of breastfeeding? What are the risks of not breastfeeding? How do I know my baby is getting enough? How can I breastfeed while going to work or school? Will breastfeeding take more time? Will breastfeeding hurt? WIC can help you with all of these concerns.
- **Breastfeeding Information and Referrals**  
Each local WIC Program has a trained Breastfeeding Coordinator. The coordinator can make sure you get the information and referrals that you need, when you need it. Some coordinators may provide hands-on care and assistance.
- **Peer Counseling**  
Peer counselors are moms just like you. They have breastfeeding experience and had many of the same questions that you have! They also have extra training to help you get started breastfeeding. Most local WIC Programs have peer counselors who can assist you throughout your breastfeeding experience.



## Breastfeed Your Baby

Healthy Habits, Healthy Families  
North Carolina WIC

## Supplies

- **Manual Breast Pump**  
Do you need to run to the grocery store? Going out to dinner? Do you need pick up another child at school? Will you be separated from your baby for just a few hours? These pumps are available for moms who only need to pump once in awhile.
- **Multiple-User Hospital Grade Electric Breast Pump**  
Do you or your baby have a medical condition that doesn't let you feed your baby at the breast? Was your baby premature? Is your baby still in the hospital? WIC may be able to loan you a hospital-grade breast pump.
- **Personal Electric Breast Pump**  
Have you exclusively breastfed your baby (at the breast or with pumped milk) for at least one month? Will you be away from your baby for more than four hours a day? Are you committed to continuing to breastfeed? If you said yes to these questions, you may be able to get this pump.
- **Breastfeeding Aids**  
Your local WIC Program may have other supplies to help you. Some examples are breast pads, breast shells, nipple shields, and supplemental feeding devices.



North Carolina Department of Health and Human Services  
Division of Public Health • Nutrition Services Branch  
[www.ncdhhs.gov](http://www.ncdhhs.gov) • [www.nutritionnc.com](http://www.nutritionnc.com)

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