



**Are you thinking about breastfeeding your baby?**

**WIC is here to support you.**

**WIC provides:**

- ✓ Breastfeeding support.
- ✓ Healthy foods.
- ✓ Referrals to community resources.
- ✓ Nutrition information for you and your child.

**When you apply for WIC, you will need to bring proof of:**

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



**For more information:**

To find out more about the WIC program including WIC eligibility requirements, call your local health department or visit the NC WIC website at:

**<https://www.ncdhhs.gov/ncwic/mywic>**

**Breastfeeding parents receive the most food.**

# Breastfeeding and WIC

WIC supports all families. Breastfeeding is a journey. There are ups and downs and feelings of accomplishments and frustration. WIC is here to help every step of the way, no matter what stage of the breastfeeding journey you're in. WIC is always willing to help through education, listening to your breastfeeding experience, assistance and referrals. Enrolling in the WIC Program gives you and your baby access to WIC's breastfeeding services and supplies. The breastfeeding food packages are designed to support the nutritional needs of a breastfeeding woman by providing more food.

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

## Services

- **Breastfeeding Education**

You may be asking yourself: What are the benefits of breastfeeding? How do I know that I am making enough milk? How do I know my baby is getting enough to eat? How can I breastfeed while going to work or school? Will breastfeeding take more time? Where can I go if I need breastfeeding help? WIC can help you with all of these questions.

- **Breastfeeding Information and Referrals**

Each local WIC Program has trained staff. The WIC Program staff can make sure you get the information and referrals that you need. WIC staff are trained to provide hands-on care and assistance.

- **Peer Counseling**

Peer counselors are parents just like you. They have breastfeeding experience and had many of the same questions that you may have. They also have extra training to help you get started with breastfeeding. Peer counselors can provide encouragement, support and assistance to you throughout your breastfeeding journey.

## Supplies

- **Breast Pumps and Breastfeeding Aids**

WIC can provide your family with breast pumps and other breastfeeding supplies.



**Breastfeed Your Baby**  
**Healthy Habits, Healthy Families**  
**North Carolina WIC**



North Carolina Department of Health and Human Services  
Division of Child and Family Well-Being • Nutrition Services  
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