

WIC Food Packages *for* MOMS & INFANTS



*The BENEFITS
of BREASTFEEDING begin
from the FIRST MOMENTS after
YOUR BABY'S birth
and LAST FOR
MANY YEARS.*





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Breastfeeding Is The Best Choice For Your Baby

*W*hen it comes to the health and well-being of your baby, breastfeeding is the best choice. Breastfeeding offers more benefits than any other form of feeding. The benefits of breastfeeding begin from the first moments after your baby's birth and last for many years.

Nature makes sure that your breastmilk is just right for your baby. As your baby grows, your milk will change to meet her nutritional needs. Your milk is loaded with important vitamins and nutrients that help protect your baby from getting sick.



ADVANTAGES FOR BREASTFED BABIES INCLUDE:

Fewer infections and illnesses

Lower risk of Sudden Infant Death Syndrome (SIDS)

Better brain development

Less likely to be overweight or have diabetes or certain cancers as he or she gets older

Breastfeeding can be good for you, too. Breastfeeding burns up to 600 calories a day, making it easier to lose the pregnancy weight after your child is born. It also lessens your risk of getting breast and ovarian cancer later in life. By breastfeeding, you will be starting a tradition of healthy habits and beautiful memories in your family, and also increasing the chances that your children will breastfeed their children.





Help Getting Started With Breastfeeding

*W*IC and the American Academy of Pediatrics recommend women give their babies only breastmilk for the first six months.

When baby is around six months old, begin adding solid foods and continue to breastfeed through at least the first year.

If you cannot or choose not to give your baby breastmilk only during the first six months, giving your baby some breastmilk is better than giving none. When it comes to keeping you and your baby safe from getting sick, the more you breastfeed, the more protection you'll both have. So, you'll want to breastfeed any time you and your baby are together, and give your baby pumped breastmilk when you can't be close. Use formula only when you can't provide your own milk. Every ounce of breastmilk counts when it comes to your baby's health and your health, as well.

The decision to breastfeed your infant can have lasting benefits for you and your child. As a mother, you are the only one who can decide to give your baby this wonderful gift and WIC is ready to support you in your decision. You will get information and support from WIC breastfeeding counselors to help make it an easy and positive experience for you and your baby.

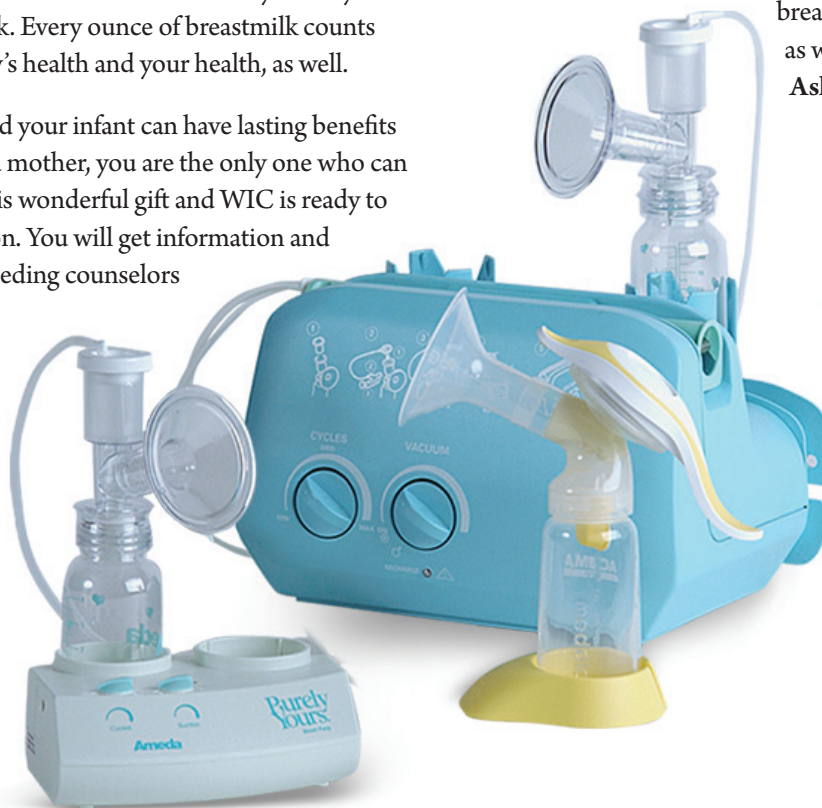
WIC clinics offer peer counselor services for their pregnant and breastfeeding moms. Peer counselors are moms who have breastfed successfully and who are trained and employed by WIC to help other moms breastfeed.

If you have questions about breastfeeding – before or after you have your baby – call your WIC clinic and ask to talk to a peer counselor.

BREAST PUMPS

Breast pumps are also available to moms who need help building or maintaining their milk supply and can't get a pump from their health plan that meets their needs. WIC may have other breastfeeding supplies available as well.

Ask a WIC staff member.



HERE ARE SOME WAYS THAT YOU CAN GET HELP WITH BREASTFEEDING YOUR BABY:

Call or visit your local WIC clinic to speak with a trained breastfeeding counselor.

For general questions, call the Texas Lactation Support Hotline at 1-855-550-6667 or visit www.breastmilkcounts.com.



The Importance Of Exclusive Breastfeeding

Exclusive breastfeeding after your baby is born is important for both you and your baby and will help you build a good milk supply.

What does exclusive breastfeeding mean? It means your baby is getting your breastmilk and nothing else. No formula, sugar water, tea, or anything besides your breastmilk.

Exclusive breastfeeding is important for building your milk supply. The first several weeks of breastfeeding “build” your milk supply to the exact amount of milk your baby needs to grow. If you use formula in the early weeks, your body will not make as much milk and you may have to buy more formula during your baby’s first year.



WIC only gives you a limited amount of formula. **If you build a good milk supply in the beginning, you can breastfeed any time you and your baby are together and avoid the need to purchase additional formula.** Even if you can only breastfeed your baby in the evenings and on weekends, it will save you money in formula costs and you and your baby will still get some breastfeeding health benefits.



If you exclusively or mostly breastfeed, you are eligible to receive food benefits for a full year and will also receive more food **for your baby.** If you only or mostly formula-feed, you will get less food for your baby and will not get any food for yourself after your baby reaches 6 months.





Exclusively Breastfeeding WIC Package

Exclusive breastfeeding is healthiest for you and your baby. The exclusively breastfeeding package saves you money as well. Because exclusively breastfed babies do not get any formula, WIC will give you and your baby more food. You will also receive breastfeeding support during your baby's first year.

Here is a list of foods and breastfeeding support you get when you are exclusively breastfeeding.



Exclusively Breastfeeding Monthly Package for Women

(until baby is 1 yr. old)

Breastfeeding support

Milk: 5 gallons

Yogurt or milk: 1 quart

Cheese: 2 pounds

Cereal: 36 ounces

Juice: Three 12 ounce frozen or 48 ounce fluid juice

Eggs: 2 dozen

Beans: 1 pound or 4 cans

Peanut butter: 16 to 18 ounce jar

Whole grains: 1 pound

Fruits/vegetables: \$11.00

Fish: 30 ounces canned



If you are exclusively breastfeeding twins, triplets, or more, you will get 1-1/2 times the amount of food in the exclusively breastfeeding package.



Exclusively Breastfeeding Monthly Package for Infants

(until baby is 1 yr. old)

When your baby is 0-5 months old

The best and only food source your baby needs during this time is your breastmilk.

When your baby is 6-11 months old

Infant cereal: 24 ounces

Baby fruits/vegetables: 64 containers, 4 ounces each

Baby food meats: 31 containers, 2.5 ounces each





Mostly Breastfeeding WIC Package

Exclusive breastfeeding is best, but if you need to combine breastfeeding with some formula, WIC has a mostly breastfeeding package. You may not need all of the formula you receive. Provide your pumped milk when you and your baby are not together and formula only when breastmilk is not an option. Every ounce of your breastmilk counts when it comes to your baby's health and your health as well. The next page shows a list of foods you get when feeding baby both breastmilk and formula.



Mostly Breastfeeding Monthly Package for Women

(until baby is 1 yr. old)

Breastfeeding support

Milk: 4½ gallons

Yogurt or milk: 1 quart

Cheese: 1 pound

Cereal: 36 ounces

Juice: Three 12 ounce frozen or 48 ounce fluid juice

Eggs: 1 dozen

Beans: 1 pound or 4 cans

Peanut butter: 16 to 18 ounce jar

Whole grains: 1 pound

Fruits/vegetables: \$11.00



Mostly Breastfeeding Monthly Package for Infants

(until baby is 1 yr. old)

When your baby is 1–3 months old

Formula: Up to 4 cans of 12.4 ounce powder*

When your baby is 4–5 months old

Formula: Up to 5 cans of 12.4 ounce powder*

*All formula amounts are approximate

When your baby is 6–11 months old

Formula: Up to 4 cans of 12.4 ounce powder*

Infant cereal: 24 ounces

Baby fruits/vegetables: 32 containers, 4 ounces each





Formula WIC Package

*I*f you are feeding your baby mostly or only formula, WIC offers the formula package. The amount of formula provided by WIC may not be enough to meet the needs of your baby so you should breastfeed any time you and your baby are together so you won't have to buy extra formula.

If you choose this package, you and your baby will receive the following foods.



Monthly Food Package for Women

(until baby is 6 mo. old)

Breastfeeding support

Milk: 3 gallons

Yogurt or milk: 1 quart

Cheese: 1 pound

Cereal: 36 ounces

Juice: Two 12 ounce frozen or 48 ounce fluid juice

Eggs: 1 dozen

Beans or peanut butter: 1 pound or 4 cans of beans OR 16 to 18 ounce jar of peanut butter

Fruits/vegetables: \$11.00



Monthly Formula Package for Infants

(until baby is 1 yr. old)

When your baby is 0–3 months old

Formula: Up to but no more than 9 cans of 12.4 ounce powder*

When your baby is 4–5 months old

Formula: up to but no more than 10 cans of 12.4 ounce powder*

When your baby is 6–11 months old

Formula: Up to but no more than 7 cans of 12.4 ounce powder*

Infant cereal: 24 ounces

Baby fruits/vegetables: 32 containers, 4 ounces each

*All formula amounts are approximate





FOR HELP WITH BREASTFEEDING

For general questions, call the Texas Lactation Support Hotline
at 1-855-550-6667 or visit www.breastmilkcounts.com

Your breastmilk is a gift to your baby that lasts a lifetime. Help your baby reach his or her potential. Succeed at something wonderful.

WIC CAN HELP!

WIC helps you make amazing kids!



TEXAS
Health and Human
Services



BREASTMILK
EVERY OUNCE COUNTS.

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