

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 advantages for your baby that cannot be matched by 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 his or her nutritional needs. Your milk is loaded with important vitamins and nutrients that help protect your baby from certain illnesses and infections.

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 not only be starting a tradition of healthy habits and beautiful memories in your family, but also increasing the likelihood that your children will go on to breastfeed their children.



Help Getting Started With Breastfeeding

*W*IC and the American Academy of Pediatrics recommend women exclusively breastfeed, or give their babies breast milk only, for the first six months. Continued breastfeeding in addition to solid foods is recommended for at least twelve months.

If you cannot or choose not to breastfeed exclusively during the first six months, giving your baby some breast milk is better than giving none. When it comes to keeping you and your baby safe from illness and disease, 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 breast milk when you can't be together. 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 instruction and support from WIC breastfeeding counselors to help make it an easy and positive experience for you and your baby.

Most WIC clinics offer peer counselor services for their pregnant and breastfeeding moms. Peer counselors are moms, who have breastfed successfully, and who have been 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 in building their milk supply or who must be separated from their babies for any reason. 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 (800) 514-6667 or visit.

For additional information, visit www.texaswic.org.



Strong Babies Start Here: The Importance Of Exclusive Breastfeeding In The First Month

Exclusive breastfeeding in the first month postpartum is extremely important for both baby and mom and is critical for establishing a good milk supply. That is why WIC does not offer formula to breastfeeding moms in the first month postpartum.

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

Why is exclusive breastfeeding in the first month so important for establishing my milk supply? The first several weeks of breastfeeding “sets” your milk supply. It’s as if your baby is “placing his order” for the amount of milk he will need to grow. If you use formula in the early weeks, your milk supply may be “set” at a lower quantity than your baby needs.

HOW DOES MY EXCLUSIVE BREASTFEEDING IN THE FIRST MONTH AFFECT MY LATER WIC BENEFITS?



If you set your milk supply at a high volume, you will have an easier time maintaining your milk supply if you must return to work or school and start using a pump, or if you need to combine formula with breastfeeding after the first month for other reasons.



WIC only gives you a limited amount of formula. **If you build a good milk supply in the first month, you can breastfeed any time you and your baby are together to 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 receive 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 6 months postpartum.





Exclusively Breastfeeding WIC Package

Exclusively breastfeeding is the healthiest choice for you and your baby and the exclusively breastfeeding package provides the best dollar value 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 throughout your baby's first year.

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



Exclusively Breastfeeding Package for Women

Breastfeeding support

(see page 3 for more info.)

Milk: 5 gallons and 1 quart

Cheese: 2 pounds (lbs.)

Cereal: 36 ounces (oz.)

Juice: 3 12-oz. frozen or 48-oz. fluid juice

Eggs: 2 dozen

Beans: 1 lb.

Peanut butter: 18-oz. jar

Whole grains: 1 lb.

Fruits/Vegetables: \$10.00 total

Fish: 30-oz. canned

✿ Mom who are exclusively breastfeeding multiples (twins, triplets, etc.) will get 1-1/2 times the amount of food in the exclusively breastfeeding package.



Exclusively Breastfeeding Package for Infants

0-5 months

You provide your breastmilk - the ultimate and only food source your baby needs during this time.

6-11 months

Infant cereal:

24 oz. infant cereal

Baby fruits/vegetables:

64 4-oz. containers

Baby meats:

31 2.5-oz. containers





Mostly Breastfeeding WIC Package

*A*fter the first month of your baby's life, you can continue to provide only breastmilk – the healthiest choice for you and your baby – or you can choose to combine breastfeeding with formula feeding. The next page shows a list of foods you get when feeding baby both breastmilk and formula.

You may not need all of the formula you receive. Please use only as much formula as you need, and only when you and your baby are not together or when you cannot provide your pumped milk. Every ounce of your breastmilk counts when it comes to your baby's health and your health as well.



Mostly Breastfeeding Package for Women

Breastfeeding support
(see page 3 for more info.)

Milk: 4 gallons, 1 half gallon, and 1 quart

Cheese: 1 pounds (lb.)

Cereal: 36 ounces (oz.)

Juice: 3 12-oz. frozen or 48-oz. fluid juice

Eggs: 1 dozen

Beans: 1 lb.

Peanut butter: 18-oz. jar

Whole grains: 1 lb.

Fruits/Vegetables: \$8.00 total



Mostly Breastfeeding Package for Infants

0 months

You must choose to exclusively breastfeed or exclusively formula-feed during the first month of your child's life.

1-3 months

Formula: up to 4 cans of 12.9-oz. powder*

4-5 months

Formula: up to 5 cans of 12.9-oz. powder

6-11 months

Formula: up to 4 cans of 12.9-oz. powder

Infant cereal: 24 oz. infant cereal

Baby fruits/vegetables:

32 4-oz. containers

*All formula amounts are approximate





12 months
for infants
6 months
for mom

Formula WIC Package

You can also choose to feed your baby only or mostly formula with some breastfeeding. The amount of formula provided by WIC may not be enough to meet the nutritional needs of your baby so you should breastfeed any time you and your baby are together to avoid having to purchase additional formula.

If you choose this package, your baby will receive the following foods throughout his or her first year. You will receive foods for yourself only during the first six months.



Food Package for Women (First six months only)

Breastfeeding support
(see page 3 for more info.)
 Milk: 3 gallons and 1 quart
 Cheese: 1 pounds (lb.)
 Cereal: 36 ounces (oz.)
 Juice: 2 12-oz. frozen or
 48-oz. fluid juice
 Eggs: 1 dozen

Beans: 1 lb.
 Fruits/Vegetables: \$8.00 total

✱ The Formula WIC Package choice allows mothers to receive food only for the first six months postpartum. Mothers who choose the Exclusively or Mostly Breastfeeding Packages will receive foods for one full year.



Formula Package for Infants

Breastfeed your baby any time you are together.

0-3 months

Formula: up to but no more than 9 cans of 12.9-oz. powder*

4-5 months

Formula: up to but no more than 10 cans of 12.9-oz. powder

6-11 months

Formula: up to but no more than 7 cans of 12.9-oz. powder

Infant cereal: 24 oz. infant cereal

Baby fruits/vegetables: 32 4-oz. containers

*All formula amounts are approximate





FOR HELP WITH BREASTFEEDING

For general questions, call the Texas Lactation Support Hotline
at 1(800)514-6667 or visit www.texaswic.org

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!



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