

## Take This To The Hospital

Your WIC breastfeeding peer counselor is:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

When your baby is born, call me!



**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH  
*Protecting You and Your Environment*  
[www.vdh.virginia.gov](http://www.vdh.virginia.gov)

Developed by the  
Breastfeeding Publication Committee

Call WIC  
**1-888-942-3663**

The WIC Program gives breastfeeding moms milk, cheese, eggs, peanut butter or dry beans, juice and cereal. Breastfeeding moms get extra juice, cheese, beans plus tuna and carrots if they receive no formula.

USDA prohibits discrimination in the administration of its programs. To file a complaint call 1-800-245-6340.

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# MOMS Helping MOMS



## WIC Peer Counselors Make Breastfeeding Easy