



WIC

**Breastfeeding support
for you and your family.**

Breastfeeding can give your baby a healthy start.

It's good for you, too! WIC supports you every step of the way, so you have the skills and confidence to breastfeed successfully.

- Learn from breastfeeding experts and moms like you with breastfeeding experience
- Free breast pumps as needed
- Larger food packages for participants who breastfeed
- Flexible services like phone appointments, online nutrition education, and the eWIC shopping card



Chat with Wanda, WIC's 24/7 virtual assistant, to learn more and find a WIC office. Scan the QR code to chat now, or visit [WICHelpNY.org](https://www.WICHelpNY.org) for more information.