



# Seneca County General Health District Items Provided Through WIC Program

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- Breastfeeding assistance to anyone in the community
- Height, weight, iron level and diet evaluations
- Nutrition education
- Referral coordination with immunizations and other services
- Supplies food for:
  - Women – pregnant, breastfeeding and post-partum
  - Infants – under 1 year
  - Children – 1 to 5 year of age.
- Mother's Support Group meets at 10:30 AM – 11:30 AM every Wednesday. Meetings are held at Mercy Hospital of Tiffin in the OB Department. Come and go as your schedule permits.

## **Birth to Six Months:**

- Breastmilk will provide your baby with customized nutrition. Breastmilk provides everything your baby needs for six months or more.
- Breastfeeding mothers receive more foods.
- WIC provides breast pumps for breastfeeding mothers returning to work or school, or for sick babies who have difficulty breastfeeding.
- Lactation Consultants are available to help with any breastfeeding problems.
- Formula fed babies are at increased risk for illness, SIDS and long term medical conditions such as diabetes and obesity. Mothers who formula feed are at increased risk for breast cancer. If you decide to formula feed WIC will provide most, but not all of the iron fortified formula your baby needs.

## **Six to Twelve Months:**

- Babies over six months of age should continue to breastfeed or stay on formula. WIC will provide some baby cereal and baby fruits and vegetables. Breastfed babies who do not take formula will also get baby meats.

## **Children 1 to 5 years and women who are pregnant, breastfeeding, or post-partum.**

- Whole milk for children age 1 to 2 years
- Low fat or skim milk for all others
- Iron fortified cereal
- Fruit or vegetable juice
- Fruits and vegetables (fresh, frozen or canned)
- Eggs
- Whole grain breads, rolls, tortillas, brown rice or oatmeal
- Peanut butter and/or canned or dried beans (legumes)

A great link for expectant and new moms, click [text4baby.org/](http://text4baby.org/)