

## Breastfeeding During COVID-19

The benefits of breastfeeding outweigh the low risk of COVID-19 virus transmission.

- Breast milk can help protect your baby against many infections, and they will be less likely to have severe symptoms if they do get sick.
- Breast milk is the best source of nutrition for most babies and always available without needing extra supplies.
- If you were thinking about formula feeding your new baby, consider offering as much breast milk as you can; this may help boost your baby's ability to fight infections.
- Hormones released during breastfeeding can help ease stress and anxiety for both mom and baby.

You can breastfeed your baby even if you have COVID-19.



Breast milk is still the best source of nutrition for baby.

- Always wash your hands before and after breastfeeding.
- Wear a mask or cloth face cover when you're near your baby to keep respiratory droplets from getting on them.
- If providing breast milk is not possible, prepare infant formula correctly (follow directions on the can) and sterilize bottles and nipples. If you are not sure which infant formula to feed your baby, call the baby's doctor for support.

Learn more: <https://bit.ly/2AqamWd>



Need breastfeeding support? Don't forget to call or text Jen!

## WIC Breastfeeding Peer Counselor



**Jennifer Kaiser**

Email: [jkaiser@livgov.com](mailto:jkaiser@livgov.com)

Call or text: 517-375-0554

- Help with breast pumps
- Offer breastfeeding encouragement
- Help plan for the return to work/school
- Provide education, problem-solving, and support

**You are not alone!**

Jen can provide education and support to help you reach your breastfeeding goals!

# Eating healthy is more important now, than ever.

Information from Michigan WIC

During this time, it is important to have healthy eating routines, whether you are at home, still working, or both. Eating a variety of nutrients is important for our immune system, especially when trying to fight off viruses and other germs. Remember to keep health and nutrition a priority, especially during a time of crisis.

## Support your immune system.



- **Leafy Greens** - High in Folate - can be tossed into smoothies, eggs, sauces, soups, etc.
- **Beans** - High in Zinc and Iron - try canned beans for chili or use as a side to your tacos.
- **Carrots & Sweet Potatoes** - High in Vitamin A - potatoes last for a month in cool dark storage.
- **Strawberries & Bell Peppers** - High in Vitamin C - try frozen or canned if there are no fresh.



## Healthy tips and tricks for your food.

- **Sodium** - To reduce sodium, rinse canned veggies before eating. Buy low sodium soup.
- **Meal Prep** - Prepare nutritious meals and snacks that you and your family can eat all week, i.e. lasagna, veggie stir-fry, an oatmeal bake, blueberry muffins, hard-boiled eggs, etc.
- **Frozen Food** - Broccoli is also high in Vitamin C, try frozen broccoli as the ice in a smoothie!



## Michigan WIC has expanded Food Guide choices.

Beginning June 1, 2020, the Michigan WIC Program is further expanding food choices. WIC clients will be able to use their fruit and vegetable benefit to purchase frozen and canned fruits and vegetables for women and children over 1. View all the changes at <https://bit.ly/3fcOagY>



## Make catching up on vaccinations a priority.

**Livingston County Health Department Immunization Clinic is now open by appointment.**

Call for an appointment.  
517-546-9850



## JUST ASK WIC

Are you looking for a quick and easy way to see your benefits & upcoming appointments?

### Try the Michigan WIC Connect app!

Michigan WIC Connect is the only approved app specifically for Michigan WIC. Use it to:

- Access your WIC shopping list,
- Track your WIC benefits on your smart phone,
- Find WIC foods using the UPC scan feature and more!

Learn more: <https://bit.ly/2MLqOTs>

## Join WIC Project FRESH!

WIC clients, excluding infants, may be eligible to receive a WIC Project FRESH booklet containing \$25 worth of coupons. The coupons can be used to buy fresh fruits and vegetables from participating farmers' markets and roadside stands. The coupons can be used through October 31st.

Coupon pick-up dates at the WIC office are 7/15, 7/22, 7/29. Look for more information coming via text or phone message in July!





**WOMEN, INFANTS,  
& CHILDREN**

- Children under the age of 5
- Pregnant or postpartum women
- Breastfeeding women

## DOES YOUR FAMILY QUALIFY FOR FREE FOOD?

### INCOME GUIDELINES:

Family Size*	Hourly	Annually (Gross)
1	\$11.34	\$23,606
2	\$15.33	\$31,894
3	\$19.31	\$40,182
4	\$23.30	\$48,470
5	\$27.28	\$56,758
6	\$31.27	\$65,046

Income guidelines effective June 30, 2020

\*A pregnant woman is counted as (1) plus the number of infants expected (1 or more) when determining family size.



### WIC FACTS

- On Medicaid? In foster care?  
You automatically qualify for WIC benefits.
- You can have SNAP (food stamps) and WIC.
- The process to apply is quick and easy!



An infant food package is worth up to \$170 per month.



A child's food package is worth approximately \$45 per month.



A woman's food package is worth approximately \$68 per month.

WIC has openings! Call 517-546-5459



This institution is an equal opportunity provider.