



## Tips for Finding Infant Formula



- If you're buying formula without WIC benefits, be sure to shop at trustworthy stores.
- Check smaller stores and drugstores.
- If you cannot find your formula or a substitute at the store, be sure to check with a store employee.
- Buy only the formula needed soon (10-14 days) and avoid stockpiling.
- Check food pantries and charitable organizations. Call 211 or your WIC office for information.
- If you cannot find formula, you can also call your health care provider. They may have samples or know of other local agencies that can help.
- See WIC's Temporary Choices for Powder Formula: <https://bit.ly/3t7vFny>



### WHAT TO DO

- **Do** feed your baby human milk or infant formula.
- **Do** contact your WIC clinic for breastfeeding support and help finding formula substitutes.

### WHAT NOT TO DO

- **Do not** feed your baby homemade formula.
- **Do not** water down formula.
- **Do not** buy or use recalled formula.
- **Do not** feed your baby animal or plant-based milk until speaking with your pediatrician.

## Project FRESH Coupons Available June 9th!

Project FRESH provides Michigan WIC clients with nutritious and healthy produce. \$25 worth of coupons, eligible to spend on locally grown, unprepared, fresh fruits and vegetables from participating local farmers markets and farm stands, are provided to clients while supplies last. The coupons can be used June 1st through October 31st.



Livingston County's WIC office will be distributing Project FRESH coupons to clients every Thursday from 8:30am-4:00pm, beginning June 9, 2022. Coupons will only be available while supplies last.



**JUST ASK WIC**

*What should I do if I'm having trouble finding infant formula?*



We may be able to help.  
**Call our office today:  
517-546-5459**

## WIC to Provide Extra Fruits and Veggies through September

The U.S. Department of Agriculture (USDA) was directed to increase the monthly fruit and vegetable cash value benefit (CVB) for WIC clients. This cash value benefit increase has been approved by Congress through September 30, 2022.

The increased benefit applies to pregnant people, people up to 6 months postpartum, breastfeeding people, and children over the age of 1. Infants are not included. This benefit can be used at participating WIC grocery stores, but cannot be used at farmers markets. Fresh, frozen, and canned fruits and vegetables can be purchased using this benefit.

### CVB values (per month):

Children - \$24

Pregnant/non-breastfeeding postpartum - \$43

Breastfeeding people - \$47



**DON'T WAIT TO VACCINATE!**

**LCHD's Immunization Clinic  
is now open by appointment.**

Call 517-546-9850

## Breastfeeding Classes are Now Available

**When:** 2nd Wednesday of each month  
4:30-5:30pm (in-person)

4th Wednesday of each month  
10:30-11:30am (virtual)

**Where:** In-person classes are held at the Livingston County Health Department.

**Who:** Expectant mothers and support persons. You do not have to be a WIC client to attend!

**To register, call 517-546-5459.**

## Protect Your Family from Mosquitoes and Ticks

Ticks and mosquitoes are more than just an annoyance; they can carry harmful diseases. Protect your family from tick and mosquito bites:

- Use DEET containing insect repellent
- Wear long sleeves and pants
- Check everyone for ticks after spending time outside

Learn more: <https://bit.ly/3GqsbCg>

## 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

Breast milk is the best source of nutrition for baby.

Support is so important and we are here for you.

**Call or text Jen today!**

