



# Breastfeeding

## Did you know?

WIC offers a breastfeeding peer counselor program. Counselors are local moms who can give support based on real life experience and answer questions about the process. Some advantages of breastfeeding include:

- Costs less than formula
- Boosts infant's immune system
- Helps a nursing baby learn to swallow
- Breastmilk is easy to digest
- Helps moms return to pre-pregnancy weight

## WIC also provides FREE...

- Nutrition education
- Breastfeeding support/classes
- Lead screenings
- Breast pumps
- Farmers Market coupons

### Federal Income Guidelines

Effective through June 30, 2022

*\*Unborn babies are counted in family size\**

Household Size	Gross Income	
	Monthly	Weekly
1	\$1,986	\$459
2	\$2,686	\$620
3	\$3,386	\$782
4	\$4,086	\$943
5	\$4,786	\$1,105
6	\$5,486	\$1,266
7	\$6,186	\$1,428
8	\$6,886	\$1,589
For each additional member, add:	+\$700	+\$162



*Schoharie County*

## Community Action Program, Inc.

*Building stronger, healthier communities and empowering families that experience economic and social challenges through strategic partnerships, education, services, and compassion.*

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