



WIC Nutrition and Breastfeeding Support Are Available During The Stay-At-Home Order

Did you know...?

- ◆ WIC uses an **electronic card and app** instead of paper checks.
- ◆ WIC can **issue food benefits remotely** so participants do not have to come in to the clinic during quarantine.
- ◆ WIC sites can help eligible families **enroll over the phone**.
- ◆ WIC participants have access to on-line **quality information and videos** in **different languages**.
- ◆ **Breastfeeding support is available**, including peer counseling, lactation consultant care, quality breast pumps and warm line support.



Local WIC service and breastfeeding support information during the Stay-at-Home order is available on the other side of this page.

Have you heard...?

- ◆ **Mothers are encouraged to breastfeed during COVID-19.** It's important that all families have the information and support they need to breastfeed well with protective measures such as hand hygiene and wearing a mask while feeding. **WIC provides support and information you can trust.**
- ◆ Formula packages provided by WIC are **supplemental only**. Many mothers are building up their maternal milk supply for security against temporary shortages. **WIC can help mothers with milk supply challenges and re-lactation plans.**
- ◆ California WIC has **expanded access to foods** for WIC participants to protect access to nutrition during temporary shortages. Options include dozens of expanded choices in foods and sizes. Find out more here: <https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/TemporaryAPLExpansion.aspx>

Do you qualify for WIC?

Program participants must meet [income guidelines](#) and be in any of the categories below:

- A pregnant woman
- A woman breastfeeding a baby under 1 year of age
- A woman who had a baby or was pregnant in the past 6 months
- A baby up to his or her first birthday
- A child up to his or her fifth birthday

Set up an appointment at a WIC local agency near you!

Visit our mobile-friendly website at m.wic.ca.gov to find a WIC local agency site near you.

WIC Breastfeeding Services in Orange County during Stay-At-Home-Order

WIC Agency	Breastfeeding Coordinator	How are sites providing breastfeeding services?	How are sites issuing breast pumps?
Camino Health Center	Megan Esparza MEsparza@camino	By Phone Only: (949) 488-7688	Pump pick-up with links to online video education and phone follow-up
Orange County Health Care Agency	Liza Scammahorn LScammahorn@ochca.com	By Phone Only: 888-968-7942	Pump pick-up with written education & links to online video instructions and phone follow-up
Planned Parenthood	Linda Ruiz LRuiz@pposbc.org	By Phone Only: Santa Ana Site (714) 973-2411 Stanton Site (714) 894-1271 Costa Mesa Site (949) 646-4002	Pump pick-up with links to online video instructions and phone follow-up
Public Health Foundation Enterprises	Cindy Clapp Cindy@phfewic.org	By Phone Only: 888-942-2229 Breastfeeding Help Line: 888-278-6455	Pumps mailed to client via FedEx with video links for instructions and phone follow-up

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