



WIC stands for Women, Infants and Children. It is a supplemental program that provides nutritious foods to eligible pregnant, breastfeeding, and postpartum women, infants and children who are at nutritional risk. WIC offers Nutrition Education, Referrals for Health Care, and Breastfeeding Promotion and Support. WIC participants will receive education on how to implement nutrition into their families daily lives, and make healthier food choices.

### **CELEBRATING WORLD BREASTFEEDING WEEK: AUGUST 1-7**

“Let’s make it Work”

Most women have heard that breastfeeding can give babies a healthy start to life. Breastmilk is designed to give infants the perfect nutrients that they need to grow and develop. Research shows that babies who receive only breast milk for the first six months of life are less likely to develop a wide range of chronic and acute diseases. Mothers often have to return to work and this can impose a hardship on continuing to breastfeed. Mothers need the support of their communities: employers, health professionals, and families can give needed support to help mothers be successful in balancing work and breastfeeding. Employers can provide lactation rooms so that employees can express milk while they are away from their babies, health professionals can guide mothers to lactation resources and families can give encouragement and help with household chores. Babies that are breastfed require less doctor visits. Therefore, mothers are absent from work less, and employers benefit in productivity. Lincoln County WIC offers educational information to pregnant and breastfeeding women. Mothers receive follow-up and support from trained peer counselors. *WIC Protects, Promotes and Supports Breastfeeding.*



**Lincoln County WIC Program**  
**151 Sigmon Road Lincolnton, NC 28092**  
**704-736-8640 or 8639**

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- (2) Office of the Assistant Secretary for Civil Rights
- (3) 1400 Independence Avenue, SW
- (4) Washington, D.C. 20250-9410;
- (5) (2) fax: (202) 690-7442; or
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