



WIC Nutrition and Breastfeeding Support Are Available During Shelter-In-Place

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 shelter-in-place 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 Service Availability in Alameda County During Shelter In Place—April 14, 2020

WIC Agency	Breastfeeding Coordinator	How are sites providing breastfeeding services?	How are sites issuing breast pump?
Alameda County	Kathleen Wilkom Kathleen.willkom@acgov.org	By phone only. Clinic: (510) 595-6400; BF Help: (510) 268-4247 Messages after clinic hours are forwarded to a service and responded to the following workday	Pump pick up at the sites, after LC assesses need; Online request to Alameda Alliance/ Medi-Cal Using educational videos
Axis	Monica Suri msuri@axishealth.org	By phone. Clinic: (925) 462-2365; BF Help: (925) 462-2365 x1017 Limited in-person appointments	Pump pick-up at WIC door Using educational videos
City of Berkeley	Jocelyn DeSena idesena@cityofberkeley.info	By phone. Clinic: (510) 981-5360; BF Help: (510) 981-5136 Breastfeeding Support/New Parents Group on Zoom every Friday 10-noon Breastfeeding Basics class on Zoom 1x/mo Baby Behavior on Zoom 1x/mo	Pump pick-up and phone follow up
La Clinica de La Raza	Veronica Castillo vcastillo@laclinica.org	By phone only. M-F, 8am-5:00pm Fruitvale Clinic: (510) 535-4110; BF Help: (510) 535-4110 San Antonio Clinic: (510) 272-1500; BF Help (510) 272-1500	Pump pick-up at WIC door Using educational videos
Native American Health Center	Tina Benitez TinaB@nativehealth.org	By phone. Clinic: (510) 434-5300; BF Help: (510) 434-5310 BFPCs, working on setting up video conferencing for LC appts.	Pump pick-ups outside WIC clinic Using educational videos
Tiburcio Vasquez Health Center	Sonam Shrestha SonamShrestha@tvhc.org	By phone. Clinic: (510) 471-5913 #2; BF Help: (510) 471-5913 #3; BFPC Mobile: (510) 931-9997; Limited in-person by appointment only at all sites; some classes held via conference call by providing call-in number to participant invitees	Pump pick-up in clinic after Using educational videos
West Oakland Health Center	Brandi Gates brandig@wohc.org	By phone. West Clinic: (510) 835-9610 x2080; BF Help:(510) 835-9610 x2080 East Clinic: (510) 835-9610 x2273; BF Help: (510) 835-9610 x2273 Limited in-person by appointment only at all sites Breast Friends support group on Instagram Live every Thursday at 1pm for 1 hour for discussing and answering all breastfeeding questions or concerns. Follow us at Breastfriends_Oakland. On 3rd Tuesday Breast Friends offers a Zoom meeting link for Mamas to get support in a more private setting.	Pump pick-up in clinic after being screened by WOHC staff for COVID-19 symptoms, Using educational videos