Breastfeeding helps create the loving bond between you and baby.

Breast milk is the best food for baby’s health, with just the right vitamins and nutrients to help baby grow healthy.

Healthy eating and recipes
Food safety and cooking
Shopping on a budget
Physical activity
Connections to:
Healthcare, vaccines, dental, Community resources & support

Let our WIC breastfeeding peer counselor help and support you with all your breastfeeding needs.

FOODS MAY INCLUDE:
fruits, vegetables, pasta,
whole wheat bread,
corn tortillas, brown rice,
dry beans, tuna,
milk, eggs, cheese,
juice, breakfast cereal,
baby food, or infant formula.

Now serving as a Milk Depot Drop-Off Station for moms who have extra breast milk to donate.

Coordinated by Mothers’ Milk Bank of the Western Great Lakes, supplying life-saving pasteurized breast milk to critically ill children.
Who can get WIC

PREGNANT WOMEN

BREASTFEEDING MOMS

BABIES

CHILDREN UP TO AGE 5

WIC IS AN INCOME BASED PROGRAM.

WIC DOES NOT REQUIRE PROOF OF CITIZENSHIP.

Call or walk-in for a WIC appointment

309-679-6076

Public Health
Prevent. Promote. Protect.

Peoria City/County Health Department

2116 N. Sheridan Rd.
Peoria, Illinois 61604

www.pcchd.org

Here for YOU!
Your BABY!
Your CHILD!

This institution is an equal opportunity employer.