



*Photograph is from the Anne Geddes Calendar Collection*

July 31, 2015

*Dear WIC Families:*

Congratulations! Awaiting the birth of a baby is exciting. Many questions may be crossing your mind. An important question is: How do we feed our baby?

✚ Breastfeeding is the perfect food for your baby for many reasons:

- Easy to digest
- Helps to keep your baby from getting sick
- Available 24-7
- Free
- Allows you to get more free foods from WIC
- Allows you to get support and a breast pump from WIC

✚ If you choose to bottle feed your baby, we want to let you know that beginning October 1, 2015 Alaska will be offering two formulas- the milk based formula Similac Advance and the soy based formula Gerber Good Start. We will no longer be offering Enfamil Prosobee.

✚ Babies who have a medical reason to receive special/medical or non-contract formula may get special approval with a prescription from the baby's doctor, nurse practitioner, or physician's assistant to receive medical or non-contract formula from WIC.

Talk with your doctor, hospital nursery staff, and your WIC staff as you decide how to feed your baby. We want to help support your decision.

You WIC Staff



Revised July, 2015