

# WIC Breastfeeding Support

*Leticia Graham, WIC Program Administrator*



# WIC

## WIC serves:

- ✓ Pregnant women
- ✓ Breastfeeding women
- ✓ Non-breastfeeding postpartum women
- ✓ Infants
- ✓ Children up to age 5

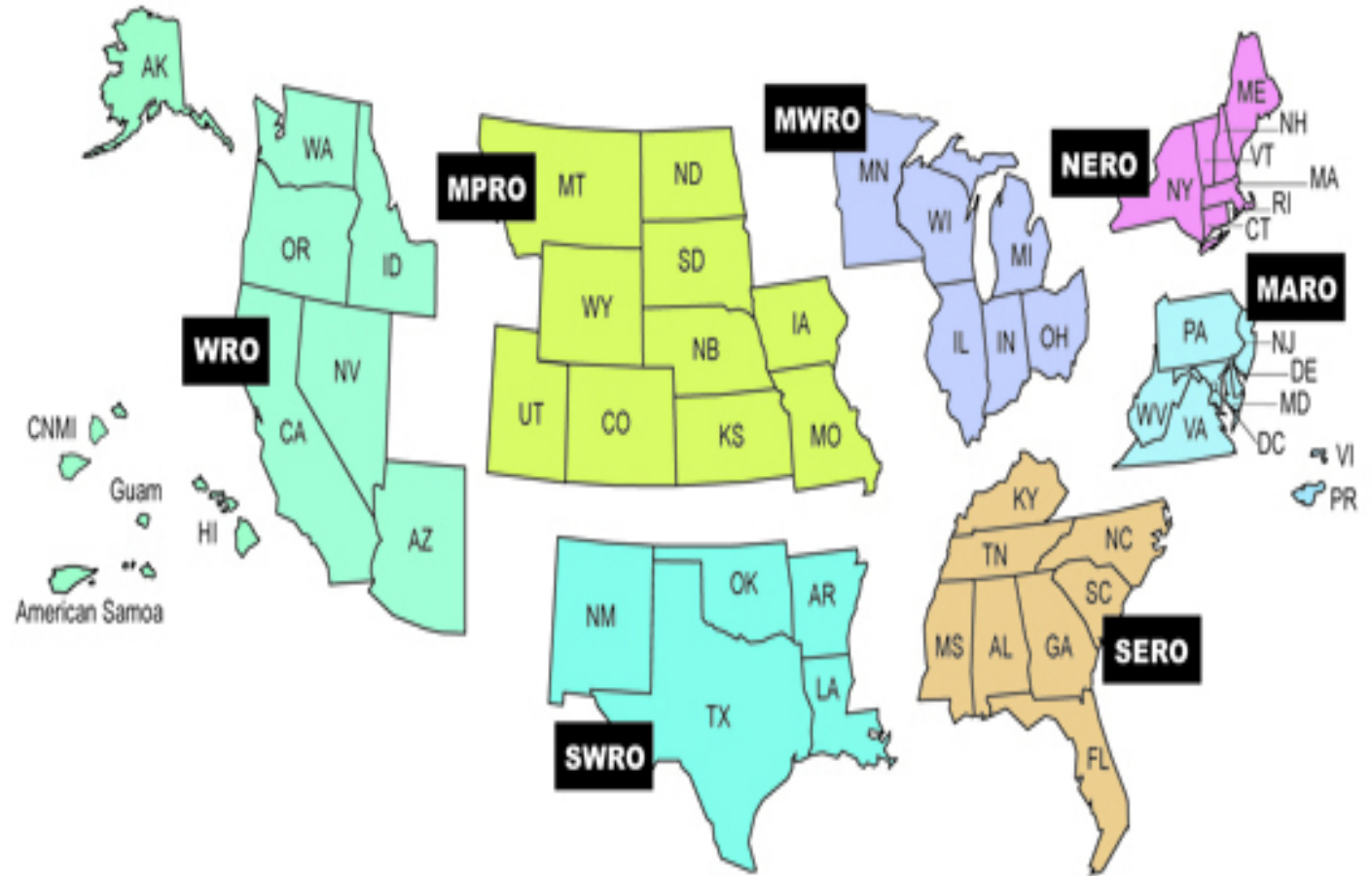
## WIC Participants qualify for:

- ✓ Supplemental foods
- ✓ Nutrition education
- ✓ Referrals to health and other social services



# USDA Food and Nutrition Service Regional Offices

1. Mid-Atlantic Region
2. Midwest Region
3. Mountain Plains Region
4. Northeast Region
5. Southeast Region
6. Southwest Region
7. Western Region



# WIC Breastfeeding Support



WIC Breastfeeding Support  
U.S. DEPARTMENT OF AGRICULTURE

WIC FNS USDA.GOV

ABOUT

HOME

STAGES

TOPICS

FAMILY AND FRIENDS

WIC PARTNERS AND STAFF

Search...



U.S. DEPARTMENT OF AGRICULTURE

**WIC  
BREASTFEEDING  
SUPPORT**

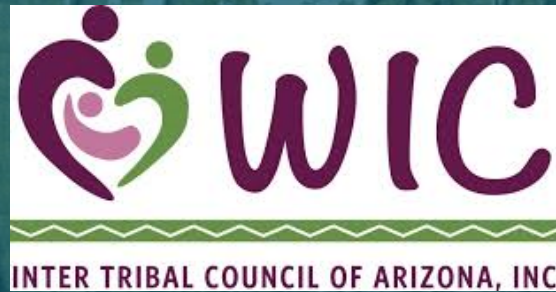
*LEARN TOGETHER. GROW TOGETHER.*

**WATCH VIDEO**



# WIC In Arizona

## Three “State” Agencies in Arizona



# 20 Local Agencies in AZ

- 13 County Agencies
- 6 Community Health Centers
- 1 Faith Based Health Center







## Arizona WIC Program

WIC is a nutrition program that helps the whole family learn about eating well and staying healthy.

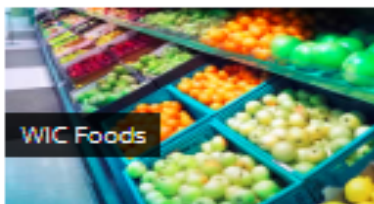
[WIC en Español](#)

Find out if you are eligible for the Arizona WIC program


CALL 1 (800) 252-5942


[Find Out if You're Eligible](#)[Find a Clinic](#)


You are here for your child, and WIC is here for you.


[WIC Families](#)[Physicians](#)[Vendors](#)[Local Agencies](#)[WIC Foods](#)[Breastfeeding](#)[Farmers' Markets](#)[Report Complaints & Fraud](#)


# Clinic Search





1  **Mountain Park Baseline WIC**  
303 E. Baseline Rd., Ste. 107  
Phoenix, AZ 85042  
(602)323-3472  
Distance: 0.0 miles


2  **Mountain Park Maryvale WIC**  
6601 W. Thomas Rd.  
Phoenix, AZ 85033  
(602)323-8110  
Distance: 0.0 miles

3  **Mountain Park Goodyear WIC**  
140 N. Litchfield Rd., Ste 100  
Goodyear, AZ 85338  
(602)323-8025  
Distance: 0.0 miles

4  **Mountain Park Gateway WIC**  
3830 E Van Buren St.  
Phoenix, AZ 85008  
(602)323-8211  
Distance: 0.0 miles

5  **Mountain Park Tempe WIC**  
1840 E Broadway Rd  
Tempe, AZ 85282  
(480)927-1046  
Distance: 0.0 miles

6  **Mountain Park Christown YMCA WIC**  
5517 N. 17th Avenue  
Phoenix, AZ 85015  
(602)323-8025  
Distance: 0.0 miles


7  **Mountain Park Marc T. Atkinson Middle School WIC**  
4222 N 51st AVE  
Phoenix, AZ 85031  
(602)323-8025  
Distance: 0.0 miles

Enter a location or ZIP code to zoom in

[Close search by clinic name](#)

Mountain Park

Map Satellite



Map showing the locations of the seven WIC clinics in the Phoenix area, marked with numbered blue pins (1-7). The map includes major highways, parks, and city names.

# Refer to WIC at Mountain Park Health Center



## What is WIC?

- Free Nutrition and Breastfeeding Program
- Experts in nutrition for pregnancy, breastfeeding, infants, toddlers and preschoolers
- Personalized nutrition tips and support for parents and caregivers
- Breastfeeding information, support and resources
- Referrals to other community resources
- Healthy foods

## Who is WIC for?

- Infants
- Children up to five years of age
- Pregnant women
- Breastfeeding women, until their infant's first birthday
- Women whose pregnancy ended <6 months ago

## Arizona WIC is here for you!

Visit [www.azwic.gov](http://www.azwic.gov) or call 1 (800) 252-5-WIC to find the nearest clinic.

To download the free EzWIC App, go to the App Store or Google Play and search for EzWIC.



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This institution is an equal opportunity provider.

## Effective Date: May 3, 2019

WIC Eligibility is based solely on your gross income; this chart can help determine your eligibility

Number of Family Members	Income every Two Weeks	Income Monthly
*2	\$1,204	\$2,607
3	\$1,518	\$3,289
4	\$1,833	\$3,970
5	\$2,147	\$4,652
6	\$2,462	\$5,333
7	\$2,776	\$6,015
8	\$3,091	\$6,696
Each Additional Member	\$315	\$682
*A pregnant woman is considered a family of 2		



## Maricopa County WIC Clinics

### West Valley

<b>Budweiser WIC</b> 205 E. Monroe Ave., Budweiser 85326 (Monroe Ave & 2nd St) Phone: 877-809-5092 ext: 031445	<b>Gila Bend WIC</b> 100 N. Gila Ave., Gila Bend 85327 (W Rima & Gila Blvd) Phone: 877-809-5092 ext: 051908	<b>Glendale WIC</b> 5145 W. Lerner Building C, Glendale 85301 (South of Glendale Ave & 51st Ave) Phone: 800-506-9933
<b>Goodyear WIC</b> 12475 W. Cornerstone Blvd., Goodyear 85325 (W McDowell Rd & (west of) N Dwyer Rd) Phone: 877-809-5092 ext: 031109	<b>Goodyear WIC</b> 140 N. Ustickfield Rd., Ste 100, Goodyear 85328 (SW Corner of Ustickfield Rd & Van Sunen St) Phone: 800-506-9933	<b>Luke Air Force Base WIC</b> 7282 N. 127th Ave., Ste 1140, Glendale 85309 (Ustickfield Ave & Ustickfield Rd) Phone: 877-809-5092 ext: 031908
<b>Peoria WIC</b> 15535 N. 82nd Ave., Ste 104, Peoria 85282 (South of Bell Rd & 82nd Ave) Phone: 877-809-5092 ext: 072635	<b>Peoria Noble</b> 8235 W. Jefferson St., Peoria 85245 (W Jefferson St & N 84th Ave) Phone: 800-506-9933	<b>Mario T. Addison Middle School Clinic</b> 4232 N. 51st Ave., Phoenix 85031 (SW Corner of Glendale Ave & 51st Ave) Phone: 800-506-9933
<b>Maryvale WIC</b> 6820 W. Indian School Rd., Phoenix 85032 (Indian School Rd & 67th Ave) Phone: 800-506-9933	<b>Maryvale WIC</b> 6801 W. Thomas Rd., Phoenix 85032 (SE Corner of Thomas Rd & 67th Ave) Phone: 800-506-9933	<b>Surprise WIC</b> 15251 W. Bell Rd., Ste 104, Surprise 85374 (Bell Rd & Reams Rd) Phone: 877-809-5092 ext: 061536
<b>Thunderbird WIC</b> 5422 W. Thunderbird Rd., Ste 6, Glendale 85305 (Thunderbird Rd & 35th Ave) Phone: 800-506-9933	<b>West Valley WIC</b> 232 W. Western Ave., Avondale 85323 (Western Ave & (west of) Ustickfield Rd) Phone: 877-809-5092 ext: 031542	<b>Wickenburg WIC</b> 813 N. Tegner St., Ste 113, Wickenburg 85390 (N Tegner St & W Wickenburg Way) Phone: 877-809-5092 ext: 031509

### Central Valley

<b>Baseline WIC</b> 303 E. Baseline Rd., Ste 107, Phoenix 85043 (Baseline Rd & Jesse Owens Pkwy) Phone: 800-506-9933	<b>Constitution Elementary WIC</b> 18440 N. 15th Ave., Phoenix 85023 (Julian Hills & 15th Ave) Phone: 800-506-9933	<b>Christown YMCA</b> 5537 N. 17th Ave., Phoenix 85015 (NE Corner of Missouri Ave & 17th Ave) Phone: 800-506-9933
<b>Downtown WIC</b> 1545 E. Roosevelt St., Phoenix 85006 (Roosevelt St & 15th St) Phone: 800-506-9933	<b>Gateway WIC</b> 2820 E. Van Sunen St., Phoenix 85008 (NW Corner of Van Sunen & 40th St) Phone: 800-506-9933	<b>Golden Gate WIC</b> 1635 N. 28th Ave., Phoenix 85008 (28th Ave & McDowell) Phone: 800-506-9933
<b>King WIC</b> 4515 S. 22nd St., Phoenix 85040 (24th St & Broadway Rd) Phone: 800-506-9933	<b>Phoenix Central</b> 500 W. Thomas, Ste 870, Phoenix 85013 (N 5th Ave & Thomas Rd) Phone: 877-809-5092 ext: 049990	<b>Phoenix WIC</b> 7725 N. 42nd Ave., Ste 533, Phoenix 85051 (South of Northern Ave & 42nd Ave) Phone: 877-809-5092 ext: 032119
<b>Seventh Avenue WIC</b> 1402 S. 7th Ave., Phoenix 85007 (Buckeye Rd & 7th Ave) Phone: 800-506-9933	<b>St. Mary's WIC</b> 2002 W. Thomas Rd., Phoenix 85017 (Thomas Rd & 20th St) Phone: 800-506-9933	<b>Sunnyslope WIC</b> 6628 N. Central Ave., Ste 100, Phoenix 85030 (South of Outpost Ave & Central Ave) Phone: 800-506-9933

### East Valley

<b>Broadway WIC</b> 625 E. Broadway Rd., Mesa 85204 (Broadway Rd & (east of) Mesa Dr) Phone: 800-506-9933	<b>Chandler CARE Center WIC</b> 777 E. Galveston St., Chandler 85225 (McQueen & Galveston St) Phone: 800-506-9933	<b>Chandler WIC</b> 2002 N. Arizona Ave., Suite 13, Chandler 85225 (Gilbert Rd & Arizona Ave) Phone: 800-506-9933
<b>Gilbert WIC</b> 122 W. Bruce Ave., Gilbert 85233 (Gilbert Rd & Gilbert Rd) Phone: 800-506-9933	<b>Mesa Main WIC</b> 1705 W. Main St., Mesa 85201 (Gosson Rd & Main St) Phone: 877-809-5092 ext: 052400	<b>Palute WIC</b> 5535 E. Osborn Rd., Scottsdale 85251 (E Osborn Rd & 54th St) Phone: 800-506-9933
<b>Tampa WIC</b> 1840 S. Broadway Rd., Tampa 85382 (NE Corner of McDowell Dr & Broadway Rd) Phone: 480-927-5045	<b>WIC at Raywood</b> 5543 E. Raywood Ave., Ste C, Mesa 85205 (West of Power Rd & Raywood Ave) Phone: 800-506-9933	<b>48th St WIC</b> 2737 W. Southern Ave., Tampa 85282 (W Southern Ave & S 48th St) Phone: 800-506-9933

Mobile and Satellite clinics are also available.

Please visit [www.azwic.gov](http://www.azwic.gov) and click "Find a Clinic" or download the EzWIC App and click "Clinic Search" for locations, hours, and directions.

This listing includes clinics located in the Phoenix Metro Area from the following agencies: Adair HealthCare, Maricopa County Department of Public Health, and Mountain Park Health Center.

This institution is an equal opportunity provider.

Updated: 06/12/2019



# Breastfeeding Program

## Answers from a breastfeeding expert

24/7 - 1-800-833-4642



[ADHS Home](#) / [Public Health Prevention](#) / [Nutrition & Physical Activity](#) / [Breastfeeding - Home](#)

### Home

[Español](#)

[24 Hour BF Hotline](#)

[Mom & Baby](#)



[WIC Staff](#)



[Hospitals](#)



[Healthcare Providers](#)



[Community Partners](#)



[Workplace](#)



[Child Care](#)



[Insurance \(Affordable Care Act\)](#)



[Resources and Materials](#)

[Educational Opportunities](#)

[Contact Us](#)

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### Home



#### Mom & Baby

Learn about the benefits of breastfeeding and resources available.



#### WIC Staff

Employees are partners who provide support to moms as they navigate breastfeeding.



#### Hospitals

Hospitals serve an important role in setting the stage for moms to breastfeed exclusively.



#### Healthcare Providers

Info for health care providers to help provide breastfeeding support for new moms.



#### Community Partners



#### Workplace



#### Child Care



#### Insurance



# eWIC

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- eWIC is short for “electronic wic” and represents the switch from WIC benefits being issued on paper check to Electronic Benefits Transfer (EBT) cards.



# Arizona WIC Programs Food List



You plan the meal  
And find the ingredients  
You cook healthy and yummy

**You Do A Lot**  
We Help A Little



This food list is effective October 1, 2016. Vendors may not carry all items listed and/or pictured on the WIC food list.



Postpartum Food Package



Breastfeeding Food Package



## FULLY BREASTFEEDING FOOD PACKAGE

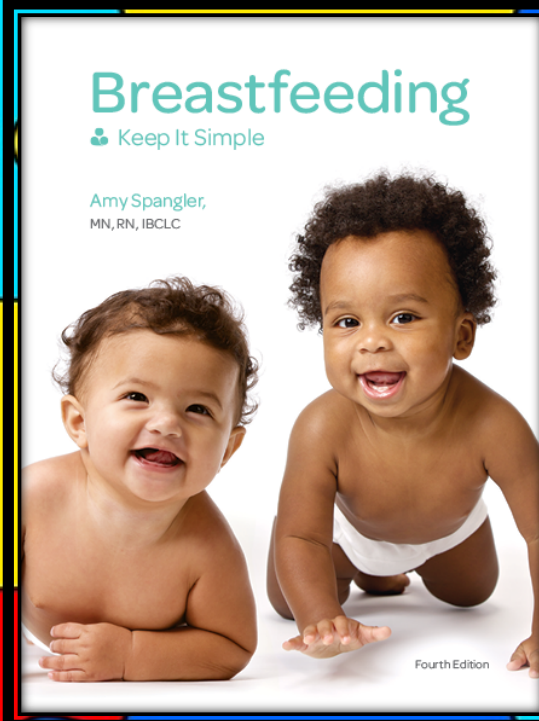


## PARTIALLY BREASTFEEDING FOOD PACKAGE





# Support



# WIC Peer Counselor Program

## County Health Departments

- Cochise
- Coconino
- Gila
- Maricopa
- Mohave
- Yavapai
- Yuma

## Community Health Centers

- Marana
- Mariposa
- Mountain Park



# LATCH\_AZ

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- Biannual Networking
- Lactation Education Hours
- Phoenix & Tucson
- Online
- Community Events

[LATCH-AZ](#)

# IBCLC Mentoring Program

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# Refer to the WIC Program at Mountain Park Health Center

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**May 3, 2019**

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Each Additional Member	\$315	\$682
*A pregnant woman is considered a family of 2		

Call or text  
602-689-1116 or  
email at  
[wic@mphc-az.org](mailto:wic@mphc-az.org)



# Mountain Park Health Center Mission

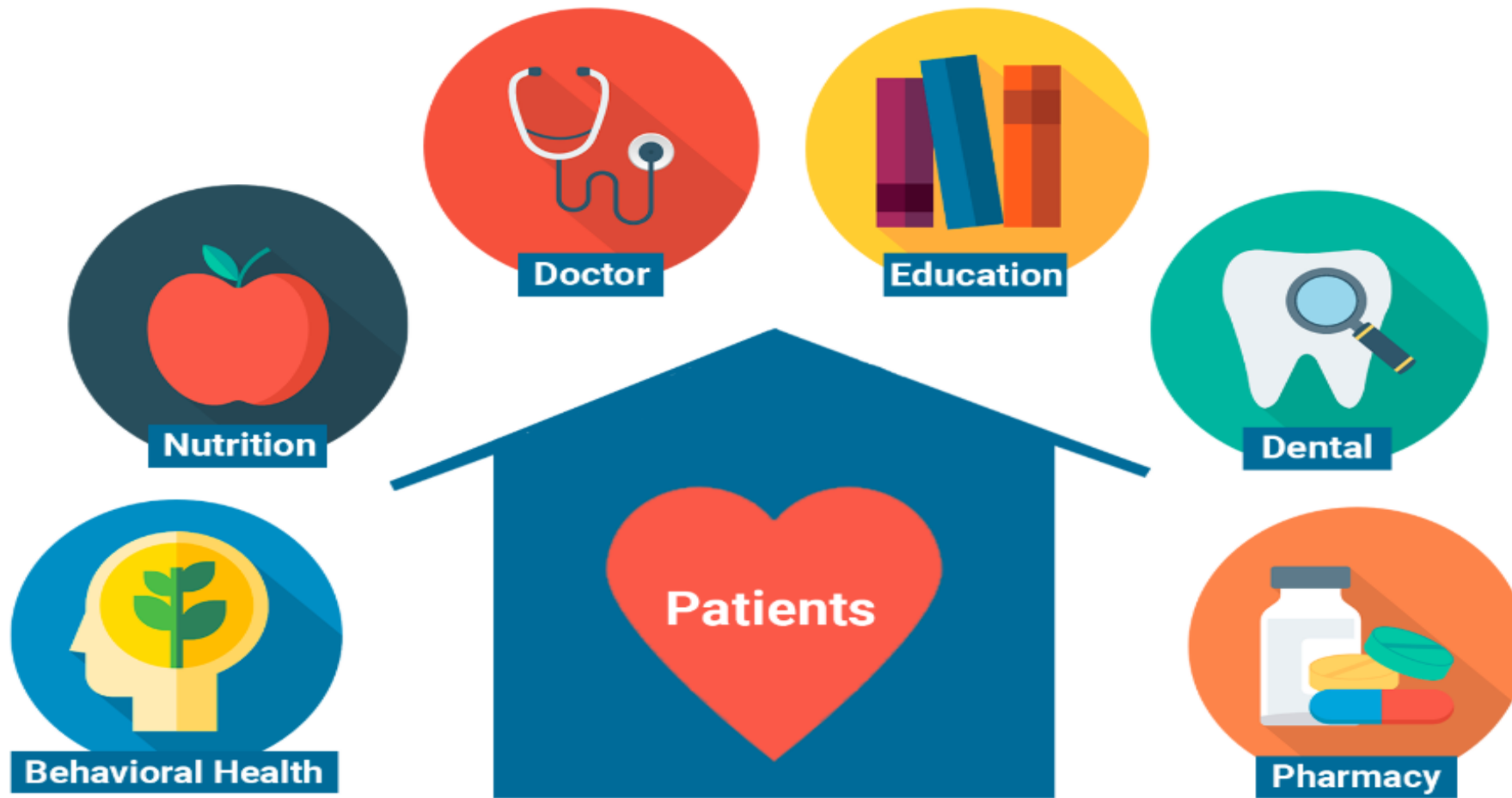
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- Mountain Park Health Center works with the communities it serves to sustain and improve health by providing affordable health care.
- <https://mountainparkhealth.org/>



# Patient Centered Medical Home

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# Goals

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HealthyPeople.gov

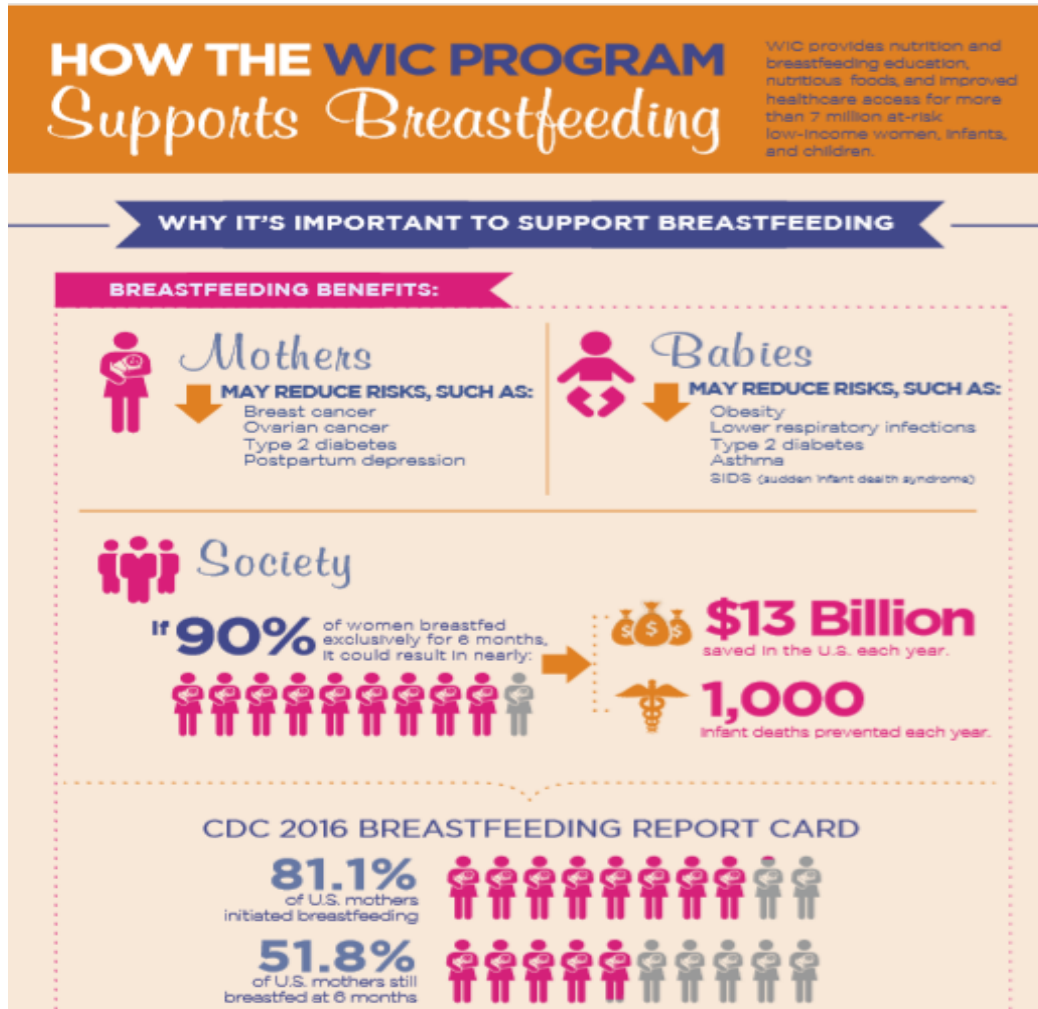


1. Increase the incidence of breastfeeding to 75% of women initiating breastfeeding upon the birth of their babies;
2. Increase the duration of breastfeeding to 50% of women for the first 6 months of their baby's life and 25% of women for the first year of their baby's life;
3. Increase WIC participants' knowledge of the advantages of breastfeeding; and
4. Develop community partnerships to maximize resources and increase effectiveness of community support efforts





# How the WIC Program Supports Breastfeeding



WIC provides nutrition and breastfeeding education, nutritious foods, and improved healthcare access for more than 7 million at-risk low-income women, infants, and children.



WIC is happy to offer these Breastfeeding Services  
for moms who qualify:

- Education before and after the baby is born
- In-person support/assistance
  - 9 IBCLCs at MPHC
- Hospital-grade Breast Pumps
- Breast Milk Storage Bags
- Breast Pads
- 24/7 hotline (1-800-833-4642)

Let WIC help you and your  
baby get off to a good start!

# Services Offered

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- Certifications
- Mid-Certification Assessments
- Breastfeeding Assessments
- Nutrition & Breastfeeding Education Consults
  - WIC Online
  - Skype
  - Facetime
  - Telephone

Evening  
and  
Saturday  
hours  
available.

# WIC Team

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- Nutrition Education Specialists
- IBCLCs
- Nutritionists
  - Dietetic Technician Registered (D.T.R.) with associate's degree or
  - Bachelor of Science Nutrition Graduate (Nutritional Sciences, Community Nutrition, Clinical Nutrition, Dietetics, Public Health Nutrition, or Home Economics with emphasis in Nutrition)
- Registered Dietitians

Studies show that participant centered breastfeeding education and support is the single most important indicator to breastfeeding initiation and duration up to six months.



**Ask me how to do your  
WIC appointment  
online!**



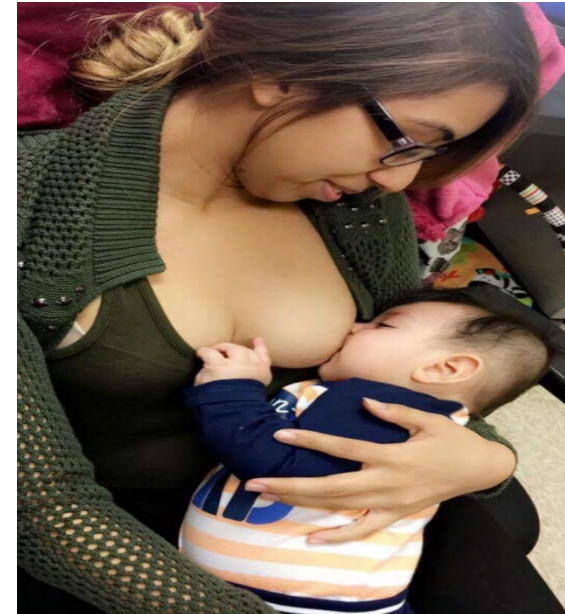
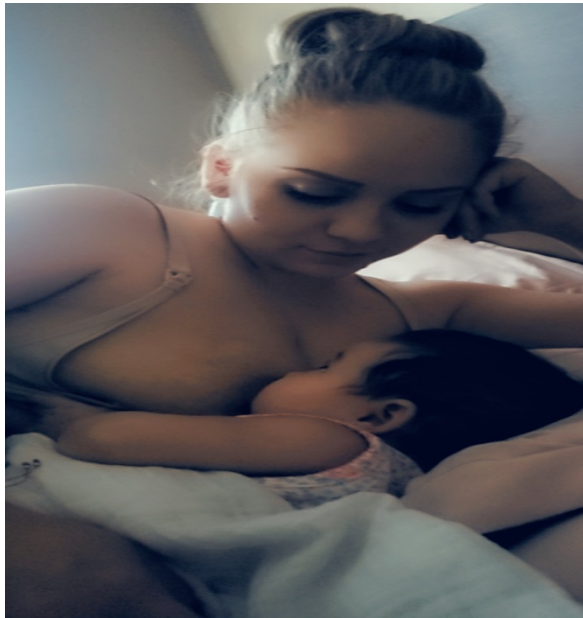
**Ask your  
WIC Counselor  
if you qualify for  
WIC Online**





# Breastfeeding Peer Counselor Program

- **Mother to Mother Support**
- **Pregnancy and Beyond**
- **Clinic & Hospital**



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