



United States
Department of
Agriculture

WIC Breastfeeding **BUDDY PROGRAM**



WHAT:

Join WIC's Buddy Program! Get matched with another WIC mom who can support you on your breastfeeding journey. You're not alone! Your buddy will understand what you're going through because she's going through it, too.

WHO:

You'll be matched with a participating WIC mom whose due date (or baby's birth date) is close to yours.

WHEN + WHERE:

Where and how often you communicate is completely up to you! You can choose to chat on the phone or by text, online, or in person.

WHY:

A buddy can be a great source for general breastfeeding support—listening, sharing experiences, encouraging each other, and celebrating milestones!

To sign up, contact your local WIC clinic.
WICBreastfeeding.fns.usda.gov



U.S. DEPARTMENT OF AGRICULTURE

WIC BREASTFEEDING SUPPORT

LEARN TOGETHER. GROW TOGETHER.