

TexasWIC.org

Real nutrition.
Real support.
Real life.

Real advice for moms-to-be and families with children up to age 5.



Free online nutrition and breastfeeding classes



Pregnancy tips and health information



Kid-friendly recipes and activities



Start your application at [TexasWIC.org](https://www.texaswic.org)

Visit our website at [TexasWIC.org](https://www.texaswic.org).



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A close-up photograph of a woman breastfeeding her newborn baby. A man is leaning in from the right, looking at the baby. The scene is intimate and tender.

BreastmilkCounts.com

Breastfeeding is worth it.
WIC can help.

Your one-stop breastfeeding resource from the experts.



How to pump and store breastmilk



Milk supply and positions



Find lactation support



Learn all about mother's milk at [BreastmilkCounts.com](https://www.breastmilkcounts.com)