

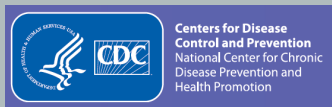
Following recommended storage and preparation techniques can maintain the safety and quality of expressed breast milk for the baby's health.



For information on storage and preparation of breastmilk offered from CDC please scan the QR code or follow the link



https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.html



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CONTACT:

Tazewell County Health
Department
21306 Illinois Route 9
Tremont, Illinois 61568-9252
WIC phone: 309-929-0230

WIC is an equal opportunity
provider and employer

Updated 10/2022

Tazewell County Health Department



Breastfeeding and Prenatal Resources

Lactation Support Resources

UnityPoint Health Methodist
Outpatient-Lactation Office
309-672-4242 / 309-636-3973
Nursery-309-672-4850
LaLeche League meetings
call 309-370-4025
Breastfeeding Classes
309-671-2522

OSF St. Francis Medical Center

Nurses Station 309-655-2353
Outpatient Lactation Support
OSF Breastfeeding Resource Center
309-683-6672
Offers breastfeeding classes,
breastpumps and nursing aids.
Open Monday thru Friday
9am-5pm.
A breastfeeding group is also
available.

TCHD Breastfeeding Peer Counselors

Rachel Ledbetter
Peer Counselor
Cell 309-840-4502
Office 309-929-0277

Danette Eubank
Certified Lactation
Counselor, Certified
Lactation Specialist
Cell 309-267-7713
Office 309-929-0225

Benefits of WIC Counselors:
availability in the clinic
setting available via text or
phone call and after hours.

Tazewell County Health Department WIC

Lactation 309-929-0225
or 309-267-7713

Hospital grade breastpump and
scale rentals
*Prenatal classes available on
request

If you have a State Of Illinois
Insurance, it may cover an
occasional use breastpump.
Contact 309-929-0225
or 309-267-7713

Useful online resources:
readyssetbabyonline.com

LaLeche League International
www.llli.org/Kellymom
<http://kellymom/index.html>

**IBC International Breastfeeding
Centre (Dr. Jack Newman)**
<http://ibconline.ca/>

Low Milk Supply
<http://lowmilksupply.org/>
<https://firstdroplets.com/>