

CENTRAL TEXAS FOOD BANK BREASTFEEDING EDUCATION PROGRAM

The mission of the Central Texas Food Bank is to nourish hungry people and lead the community in ending hunger. The Food Bank's CHOICES Nutrition Education Program is designed to help qualified individuals stay healthy, eat right and live active lifestyles. In an effort to meet the health needs of our youngest community members, the Food Bank has expanded services to include Breastfeeding Education to encourage, educate and support families in their breastfeeding efforts. The Breastfeeding Education program provides services through a trained breastfeeding peer counselor, a mother who has personal breastfeeding experience, a passion for helping other families achieve their breastfeeding goals and education and training to provide core support during both prenatal and postpartum periods. Breastfeeding peer counselors serve families in a variety of settings including hospitals, community health clinics, community centers and local area high schools.

Services Provided May Include:

Prenatal Classes and Counseling

Prenatal classes are offered discussing the benefits of breastfeeding and what to expect in the first days postpartum. One on one counseling is also available to expectant parents to provide more in-depth information and answer any questions or concerns.

Early Postpartum Support

Early postpartum support is available in area hospitals and birth centers to provide new mothers support with breastfeeding techniques and help with potential challenges or concerns.

Return To Work Support

Support and guidance is available for moms who are preparing to return to work or school and will need to pump and store their milk while away from baby.

Education And Outreach

Classes and instructional materials are available for area high schools, community centers or health clinics as needed. Topics may include getting started with breastfeeding, returning to work or school and the benefits of breastfeeding beyond six months.

Referral To Other Agencies

When appropriate, the Food Bank breastfeeding peer counselor will make referrals to other programs to meet the family's specific needs and situation.

To schedule a class or counseling session, or for more information please contact Mellissa Alvarado, IBCLC, RLC, Breastfeeding Peer Counselor at 512-684-2507 or email choices@centraltexasfoodbank.org.



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Nutrition Education. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you to buy nutritious foods for a better diet. To find out more, contact 2-1-1, option 2.