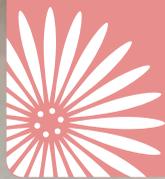




Using Loving Support To

# GROW AND GLOW

in WIC



*Breastfeeding is a gift that lasts a lifetime.*

Adapted from the United States Department of Agriculture, Food and Nutrition Service and Every Mother, Inc.  
For persons with disabilities, this document is available on request in other formats.  
To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).  
This institution is an equal opportunity provider. Washington State WIC Nutrition Program does not discriminate.

*Loving support*  
makes breastfeeding work



Using Loving Support To

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in WIC



*Yes, you have  
enough breastmilk.*

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Washington State Department of Health  
DOH 990-321 March 2011

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Washington State WIC Nutrition Program

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*Breastfeeding makes you  
feel good about yourself.*

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DOH 990-321 March 2011

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Washington State WIC Nutrition Program

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in WIC



*Breastmilk is the best food  
you can give your baby.*

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*loving support*  
make breastfeeding work

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## Growing Healthy Babies Through Breastfeeding

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To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6398).  
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Loving  Support  
makes breastfeeding work.

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HEALTHIER WASHINGTON

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W A C  
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Nutrition Program

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# GROW AND GLOW

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## Glowing With Good Health Through Breastfeeding

Adapted from the United States Department of Agriculture, Food and Nutrition Service and Every Mother, Inc.  
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# P R I N T I N G   S P E C I F I C A T I O N S

**Title:** **Grow and Glow** (poster)

**Size:** 11 x 17"

**Paper stock:** 100# cover, white, smooth

**Ink color:** 4-color process

**DOH Pub #:** 960-321