



Providers and Resources

Food Insecurities and Breastfeeding

If you are experiencing food insecurity:

CENTRAL TEXAS FOOD BANK

Local organization committed to providing healthy food for everyone. Offerings include assistance applying for SNAP/food stamps, mobile food distribution, home food delivery, nutrition education courses, culinary classes, and healthy eating programs for kids.

Call 2-1-1, or text FOODTX or 877-877

<https://www.centraltexasfoodbank.org>

HOPE FOOD PANTRY AUSTIN

Is a partner agency with Central Texas Food Bank to collaborate with the community to help with food assistance. We provide weekly distribution of food.

Email: info@hopefoodpantryaustin.org

Address: 4001 Speedway 78751 in Trinity Church

<http://hopefoodpantryaustin.org>

ADDITIONAL RESOURCES

<https://www.feedingamerica.org/need-help-find-food>

If you would like help with breastfeeding:

MOM'S PLACE

Organization sponsored by the City of Austin to provide WIC-supported families with lactation consultations, breastfeeding support, weight checks for baby, telephone help line, breastfeeding education, access to pumps.

Call (512) 972-6700

<https://www.austintexas.gov/content/moms-place>

WIC BREASTFEEDING SUPPORT

The U.S. Department of Agriculture's Food and Nutrition Service (FNS) supplemental nutrition program for women, infants, and children (WIC) breastfeeding promotion. This campaign is aimed to equip WIC moms with the information, resources, and support they need to successfully breastfeed.

<https://wicbreastfeeding.fns.usda.gov>

THE OFFICE ON WOMEN'S HEALTH

The Office on Women's Health offers information on breastfeeding and a helpline with trained breastfeeding counselors who will answer your call. The counselors answer questions in English and Spanish and give help, tips, and support. It is open Monday through Friday from 9 am to 6 pm Eastern Time.

Call (800) 994-9662

<https://www.womenshealth.gov/breastfeeding>