### Breastfeeding Storage Guideline

<table>
<thead>
<tr>
<th>Location</th>
<th>Temperature</th>
<th>Duration</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Countertop, table</td>
<td>Room temperature</td>
<td>6–8 hours</td>
<td>Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.</td>
</tr>
<tr>
<td>Insulated cooler bag</td>
<td>5–39°F or -15-4°C</td>
<td>24 hours</td>
<td>Keep ice packs in contact with milk containers at all times, limit opening cooler bag.</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>39°F or 4°C</td>
<td>5 days</td>
<td>Store milk in the back of the main body of the refrigerator.</td>
</tr>
<tr>
<td>Freezer</td>
<td>5°F or -15°C</td>
<td>2 weeks</td>
<td>Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the undergo degradation resulting in lower quality.</td>
</tr>
<tr>
<td>Freezer compartment of a refrigerator</td>
<td>0°F or -18°C</td>
<td>3–6 months</td>
<td></td>
</tr>
<tr>
<td>Chest or upright deep freezer</td>
<td>-4°F or -20°C</td>
<td>6–12 months</td>
<td></td>
</tr>
</tbody>
</table>


Tazewell County Health Department
21306 Illinois Route 9
Tremont, Illinois 61568-9252

Your local WIC: 309-929-0230
WIC is an equal opportunity provider and employer
Updated 8/2018
Breastfeeding Peer Counselor
Danette Eubank
(309) 929-0225

TCHD Peer Counselor is a mom who has breastfed her children and is available to help Tazewell County WIC moms in making their breastfeeding experience a success. TCHD Peer Counselor is available for clinic visits, as well as phone support. She may also be contacted via text messaging. One aspect that makes the peer counselor unique is that she is not only available during the day, but also evening and weekend hours: to answer questions, make referrals and help with any needs the breastfeeding mom may have.

Hospital Lactation Support:

UnityPoint Health Methodist Outpatient
Lactation Office: (309)672-4242/
(309)636-3973
Nursery: (309)672-4850
Trisha Wierenga, RN, IBCLC
Rhonda Wudtke, RN, IBCLC
Beth Seidel, IBCLC
**Methodist Unity Point also hosts LaLeche League meetings: call (309) 370-4025 for more information.

UnityPoint Health Pekin-(The Baby Place):
(309) 353-0480
Christy Burks IBCLC
**Unity Point Pekin also hosts a breastfeeding support group, call for more information.

Tazewell County Health Department WIC:
(309) 925-5511 / (309) 477-2223
Danette Eubank, PC
Keri Roberts, RN, BSN, IBCLC

OSF St. Francis Medical Center:
Nurses Station: (309) 655-2353
Lisa Smith, RN, IBCLC
Karla Litwiller, RN, IBCLC
Lynne Reiner, RN, IBCLC

Outpatient Lactation Support:
OSF Breastfeeding Resource Center:
(309)683-6672
Polly Kocher, BS, IBCLC
Cathy Gillete, LPN, IBCLC
Offers Breastpumps and nursing aids. Open Monday through Friday, 9:00 am-5 pm. A breastfeeding support group is also available.

Breastfeeding Classes:
Tazewell County Health Department
(309) 925-5511

UnityPoint Health Pekin
(309) 353-0480

UnityPoint Health Methodist
(309) 671-2522

OSF Saint Francis Center
(309) 683-6672

Breast Pump Rentals:
Tazewell County Health Department
(309) 925-5511

OSF Breastfeeding Resource Center:
(309) 683-6672
Pro Care: (309) 347-4663

*If you have a State Of Illinois Insurance Card, it may cover an occasional use breast pump. Please contact the WIC Breastfeeding Peer Counselor for more information.

Breastfeeding and other useful websites:
LaLeche League International
http://www.llli.org/
Kellymom
http://kellymom.com/index.html
IBC International breastfeeding Centre (Dr. Jack Newman)
http://ibconline.ca/
Low Milk Supply
http://lowmilksupply.org/