

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](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.html)



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1800 Broadway Street  
Pekin, Illinois  
WIC phone number: 309-929-0320

WIC is an equal opportunity provider and employer

Updated 7/2025

# Tazewell County Health Department



## Breastfeeding and Prenatal Resources

## Lactation Support Resources

**Carle-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

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**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 Staff Breastfeeding Peer Counselors

**Rachel Ledbetter**  
Certified Lactation  
Specialist  
Cell 309-840-4502  
Office 309-929-0277

**Danette Eubank**  
Certified Lactation  
Counselor, Certified  
Lactation Specialist  
Cell 309-267-7713  
309-929-0290

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

**Tazewell County Health Department**  
WIC Lactation  
309-267-7713  
309-840-4502

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 309-840-4502  
or 309-267-7713

**Useful online resources:**

[readysbabyonline.com](http://readysbabyonline.com)

LaLeche League International  
[www.llli.org/Kellymom](http://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/>