

# BENTON COUNTY BREASTFEEDING RESOURCE LIST

PHONE: 320-968-5331 EMAIL: [PUBLICHEALTH@CO.BENTON.MN.US](mailto:PUBLICHEALTH@CO.BENTON.MN.US)

## BENTON COUNTY SUPPORT

The Benton County Women, Infants and Children (WIC) program offers breastfeeding education and support.

Benton County Public Health has trained Certified Lactation Counselors (CLCs) and International Board Certified Lactation Consultant (IBCLCs) on staff available to answer breastfeeding questions or provide free home visits to any Benton County resident.

Contact Benton County Public Health: (320) 968-5331

Fill out the breastfeeding referral form [here](#).

## INTERNET RESOURCES

### MN BREASTFEEDING COALITION

[mnbreastfeedingcoalition.org](http://mnbreastfeedingcoalition.org)

A collection of lactation advocates and professionals, from coalitions and communities, dedicated to a single mission: working collaboratively to create environments where breastfeeding is valued and supported to achieve natural infant feeding equity in all Minnesota communities.

#### Kelly Mom

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

#### Baby Center

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

#### Women's Health

[womenshealth.gov/breastfeeding](http://womenshealth.gov/breastfeeding)

#### ZipMilk

[www.zipmilk.org](http://www.zipmilk.org)

#### American Academy of Pediatrics

[healthychildren.org](http://healthychildren.org)

## BREASTFEEDING EDUCATION & SUPPORT

### CENTRACARE

#### CentraCare Clinic - Health Plaza

##### *Outpatient Lactation Services*

Monday - Friday, 8 am - 4 pm

(320) 654-3630, ext. 51990 (Obstetrics)

(320) 229-5199, ext. 70268 (Pediatrics)

##### *Breastfeeding Classes*

Bravo Baby: Successful Breastfeeding

Live Online & In Person Sessions

<https://vs.centracare.com/events/>

### WELL FED CO

Weekly Well Fed Clinic in St. Cloud, MN is a one-stop-shop for breastfeeding moms and babies to receive care from MULTIPLE professionals in ONE appointment!

<https://www.thewellfedco.com>

### MILK DEPOTS

CentraCare St. Cloud, CentraCare Monticello, and Maple Grove Hospital are Human Milk Bank Association of North America affiliated milk collection sites.

If you're interested in donating breast milk, visit this site: [mnmilkbank.org/donate-milk/](http://mnmilkbank.org/donate-milk/)

## BREASTFEEDING SUPPORT GROUPS

### BABY CAFES

Free, drop-in support groups for pregnant & breastfeeding moms. Babies & children are welcome. Open to the public.

#### Buffalo (Wright County Historical Society)

2001 MN-25 Buffalo, MN 55313

(763) 684-7640

Every Wednesday

9:30 am - 11:30 am

#### Cambridge (Cambridge-Isanti Adult Enrichment Center)

540 5th Avenue NW Cambridge, MN 55008

(763) 689-4212

Every Thursday

11 am - 12:30 pm

#### Monticello (Monticello Community Center)

505 Walnut Street Monticello, MN 55362

(763) 271-2218

Every Monday

10 am - 12 pm

#### St. Michael (Cornerstone Cafe)

204 Central Avenue E St. Michael, MN 55376

(612) 584-9449

Every Friday

10 am - 12 pm

#### St. Cloud (St. Cloud Area Family YMCA)

2001 Stockinger Drive St. Cloud, MN 56303

(320) 251-2700, ext. 51990

Every Tuesday

9:30 am - 11:30 am

## OTHER LACTATION SUPPORT GROUPS

### Lactation Connection -

#### Main Street Family Resource Center

400 Jackson Avenue NW Elk River, MN 55330 (Room #207)

(763) 765-4000

Every Thursday

10 am - 12 pm

## TELEPHONE RESOURCES

### National Women's Health & Breastfeeding Helpline

(800) 994-9662 (English & Spanish)

Monday - Friday, 8 am - 5 pm CDT

### Infant Risk Center

(806) 352-2519

Monday - Friday, 8 am - 3 pm

Evidence based information on the use of medications during pregnancy and breastfeeding.

## BREAST PUMPS

Medical Assistance will typically cover double electric pumps with a doctor's order. Check with your medical plan for coverage as your insurance may be accepted at certain locations only.

- Ameda ParentCare: (866) 992-6332  
[ameda.com/products/breast-pumps/](https://www.ameda.com/products/breast-pumps/)
- AeroFlow Breast Pumps: (844) 867-9890  
<https://aeroflowbreastpumps.com>
- Milk Moms (763) 259-8824  
[milk moms.com](https://milk moms.com)

## MOBILE APPS

### Coffective (free)

- a tool to help pregnant women set and reach their goals

### Medela Family (free)

- breastfeeding log & support

### LactMed (free)

- information on how medications or dietary supplements can affect breastmilk

### Breastfeeding Solutions (\$4.99)

- a guide to overcoming the most common breastfeeding challenges

### MommyMed (free)

- Scan any medication barcode to check if it's safe while breastfeeding

### YoMingo (free)

- information and tools for breastfeeding