

## BREASTFEEDING SUPPLIES AND PUMPS

### **Allina Home Oxygen & Medical Equipment**

(651) 628-4800, 1-800-737-4473  
[alliinahealth.org](http://alliinahealth.org)

### **Goodrich Pharmacy**

Andover (763) 434-1901  
Anoka (763) 421-5541  
St. Francis (763) 753-0222  
[Goodrichpharmacy.com](http://Goodrichpharmacy.com)

### **Milk Moms**

(763) 413-0129  
or 1-866-MILKMOM  
[www.milkmoms.com](http://www.milkmoms.com)

### **Midwest Medical**

(763) 780-0100

### **UCare Customer Service**

(612) 676-3200  
[www.ucare.org](http://www.ucare.org)

\*\*Check with your medical plan for coverage  
at pump providers, it may be accepted at certain locations only.

## BREASTFEEDING HELPLINE

National Women's Health  
Information Center  
Mon-Fri, 9am-6pm EST  
(English and Spanish)  
**1-800-994-9662** (toll free)  
**1-888-220-5446** (TDD, toll free)

## ADDITIONAL RESOURCES

A variety of Healthy Living, including breastfeeding, materials may be available for reference at your local library. Visit the Anoka County library website to search their catalog, request materials and find a library near you!  
**(763) 785-3695**  
[www.anoka.lib.mn.us](http://www.anoka.lib.mn.us)

The following resources can help you find additional no-or low-cost services in Anoka County and the metro area:

Anoka County Community Action  
Program (ACCAP)  
**(763) 783-4747**  
[www.accap.org](http://www.accap.org)

MNHHelp.info

**1-800-333-2433** (Senior Linkage Line)  
**1-866-333-2466** (Disability Linkage Line)  
**1-888-546-5838** (Veterans Linkage Line)

United Way 2-1-1  
**(651) 291-0211**  
[UnitedWay.org](http://UnitedWay.org)

## INTERNET RESOURCES

[www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)  
[www.breastfeedingonline.com](http://www.breastfeedingonline.com)  
[www.kellymom.com](http://www.kellymom.com)  
[www.lowmilksupply.org](http://www.lowmilksupply.org)  
[www.babycenter.com/breastfeeding](http://www.babycenter.com/breastfeeding)  
[www.video.about.com/breastfeeding/  
Hand-Expression-Technique.htm](http://www.video.about.com/breastfeeding/Hand-Expression-Technique.htm)

# Anoka County Breastfeeding Resource List



**Breastmilk  
SAVES LIVES**  
Provides Initial Immunization  
Fights Disease  
**Is Easier To Digest**  
Provides Perfect Nutrition



## HOSPITALS

\*\*Check with your health insurance plan about coverage for a visit with a lactation consultant before scheduling.

### **Mercy Hospital**

4050 Coon Rapids Blvd  
Coon Rapids, MN 55433  
[alliinahealth.org/events](http://alliinahealth.org/events)

Breastfeeding “warmline”  
**(763) 236-7430**

Classes & Events  
**(763) 236-5000**

### **Unity Hospital**

550 Osborne Rd  
Fridley, MN 55432  
[alliinahealth.org/events](http://alliinahealth.org/events)

Breastfeeding “warmline”  
**(763) 236-3427**

Classes & Events  
**(763) 236-6000**

## PUBLIC HEALTH NURSE

Provides home visits that include education and support for pregnant, postpartum and breastfeeding women and teens. The nurse, a certified lactation educator, can also weigh and measure your baby. Telephone calls are always welcome for questions. Services are at no cost to you.

**(763) 422-6970**  
[www.co.anoka.mn.us](http://www.co.anoka.mn.us)

## BREASTFEEDING SUPPORT GROUP

### **BABY CAFE -**

Monday 10am-12pm

Unity Hospital Education Center  
620 Osborne Road  
Fridley, MN 55443  
Free, drop-in center for pregnant and breastfeeding moms for information and support. Visit with a board-certified lactation consultant and other breastfeeding mothers.

## CLINICS

### **FRIDLEY CHILDREN'S & TEENAGERS' MEDICAL CENTER**

*Telephone consultation, postpartum care management (mother & Infant).*  
Angela Parkos-LaPointe  
500 NE Osborne Rd NE, Suite 215  
Fridley, MN 55432  
**(763) 236-2707**  
[www.fridleychildrensandteens.com](http://www.fridleychildrensandteens.com)

## WIC

The Women, Infants, and Children (WIC) is a nutrition program that helps income eligible pregnant women, mothers and children up to age 5, eat well, learn about nutrition, and stay healthy. They offer breastfeeding support and WIC Breastfeeding Peer Counselors.  
**(763) 422-7055**  
[www.co.anoka.mn.us](http://www.co.anoka.mn.us)

## LALECHE LEAGUE

LLL Breastfeeding Helpline Counselors available in English & Spanish  
**1-877-452-5324**  
[breastfeedinghelpline.com](http://breastfeedinghelpline.com)  
[www.llli.org](http://www.llli.org)

Receive Breastfeeding education and meet other breastfeeding mothers. 1st Tuesday of every month at 10am, 3rd Tuesday of every month at 6:30pm at CoonRapids Evangelical Free Church. (Corner of Hwy 10 and Main Street)

Call Jana, **(763) 205-2756**

### **NORTH METRO PEDIATRICS**

One-on-One breastfeeding consultation, telephone consultation, postpartum care management (infant), Health Care Home MCH care coordination (infant).  
10081 Dogwood Street NW, Ste 100  
Coon Rapids, MN 55448  
**(763) 783-3722**  
[www.northmetropeds.org](http://www.northmetropeds.org)

