

# Thinking about breastfeeding? Sign up for Mobile Milk!

**TEXT MILK to 877877 to receive  
breastfeeding support and information  
through weekly text messages.**

Text messages will start during your 3<sup>rd</sup> trimester (28 weeks) and will continue until your baby is 4 months old. You can sign up at any time during your pregnancy or after the baby is born.

Message and data rates may apply. Text **STOP** to quit, HELP for more information. For Terms of Use and Privacy Policy, visit [nyc.gov/health](http://nyc.gov/health).

**We deliver the messages.  
You deliver the milk.**

