

## Resources for Mothers & Babies with a Food Sensitivity/Intolerance (FS/I)

- **Schedule an Individual Consultation with one of our IBCLC's** to assess symptoms, rule out and/or assist with an Abundant Milk Supply, and receive basic teaching and guidance on FS/I. Consultation fees may be filed with a mother's private insurance plan. If a mother does not have lactation benefits, out of pocket fees are available.
- **Schedule an appointment or phone consultation with Dr. Kathy Leeper**, our breastfeeding medicine specialist. She sees mothers and babies at both our Lincoln and Omaha locations. Dr. Leeper is in-network with all Nebraska Medicaid plans and all major private insurance plans. We are unable to file for insurance reimbursement for phone consultations.
- **Access information in our Breastfeeding Information Center (BIC)** found at <http://www.milkworks.org>. We have a specific section on our website dedicated to Food Sensitivities and Intolerances. Print copies are available in our BIC file at both MilkWorks locations.
- **Attend an Introducing Solids class at our Lincoln location.** Taught by a Registered Dietician, this class is offered once a month and focuses on food readiness and safety. The fee is \$15. Registration is required. Visit [www.milkworks.org](http://www.milkworks.org) for current dates.
- **Schedule an appointment with Bridget Easley, MS, RD LMNT (in Lincoln).** Bridget does not file with insurance plans, however, she will provide insurance codes upon request for self-filing. You may also use a Health Saving or Flex Savings account. A one-hour first visit is \$105; follow up visits are \$65 (accurate as of April 2018).
- **Attend a MomTalk moms group at MilkWorks in Lincoln or Omaha.** MomTalk is a free moms group led by a Breastfeeding Educator. Groups meet weekly. Moms gather to talk about breastfeeding and other parenting topics. No registration is required. Visit [www.milkworks.org](http://www.milkworks.org) for dates and times at each location.

MilkWorks



Community  
Breastfeeding  
Center

5930 S. 58th Street  
(in the Trade Center)  
Lincoln, NE 68516  
(402) 423-6402

10818 Elm Street  
Rockbrook Village  
Omaha, NE 68144  
(402) 502-0617

For additional  
information:  
[www.milkworks.org](http://www.milkworks.org)