

# Sustaining Breastfeeding Together

## National Breastfeeding Month

Working together for the common good.



### EARTH FRIENDLY

Breastfeeding has a positive impact on the environment. Zero packing, pollution and waste!

### FINANCIAL SAVINGS

Breast milk is FREE. Not breastfeeding results in financial losses of about \$302 billion each year.

### GOOD HEALTH & WELL-BEING

Breastfeeding helps with mom and baby's long term health, and helps to lower the risk of asthma, obesity and diabetes.

### WORK & ECONOMIC GROWTH

Maternity protection and other workplace policies can enable women to combine breastfeeding and employment.



## Sustaining Breastfeeding Together *It takes a village!*

Breastfeeding is not a one-woman job

– it requires government leadership and support from families, communities, workplaces and the health system to really make it work.

