

Breastfeeding is Important

For **Baby**

Supports healthy immune system

Protects against illnesses and diseases

Lowers risk of SIDS, asthma, obesity, diabetes, ear infections, and stomach flu

Promotes healthy growth and development



For **Parent**

Reduces risk of postpartum depression

Promotes bonding between baby and parent

Lowers risk of breast and ovarian cancer(s), diabetes, high blood pressure, high cholesterol, and heart disease

Supports return to prepregnancy weight and restores uterine size

For the **World**

Reduces environmental pollution and waste

Improves health, leading to lower healthcare costs

Promotes health, decreases sick days, doctor's visits, and missed work

First Food recognizes the term "breastfeeding" may not represent all lactating individuals. First Food supports everyone inclusive of race, ethnicity, religion, sex, national origin, ancestry, age, marital status, physical or mental ability, socio-economic status, political views, gender identity, sexual orientation, family structure, or other protected status.

