

1¼" Hole
Removed

*Please
Do Not Disturb*



Parent at Work

First Food:
Community Collaboration
to Support Breastfeeding

1¼" Hole
Removed

Please Do Not Disturb

Breastfeeding:

- **Lowers health care costs.**
Breastfed babies are sick less often and their parents are healthier too.
- **Lowers absenteeism rates.**
Because breastfed babies are healthier, their parents are less likely to miss work.
- **Increases employee retention rates.**
Employees who want to breastfeed their babies are more likely to return to a workplace that provides a supportive environment.
- **Improves public relations.**
Providing a supportive environment for breastfeeding employees enhances a company's reputation as one that promotes health and well-being.

For more information, visit:
www.pafirstfood.org

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.

Business Case for Breastfeeding, U.S. Department of Health and Human Services, Office on Women's Health
<https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work/business-case>