

\$1500+ FORMULA EXPENSE PER YEAR PER BABY

Less need for bottled water and all of its related costs:

- Less fossil fuel and emissions to manufacture and transport
- Less need to cut trees for cardboard cases
- Less plastic in landfills or needing to be recycled

Breastfeeding is Mother Nature

- ✓ Breastmilk is a natural, renewable resource
- ✗ Mercury, lead, chemicals, and hormone-disrupting plasticizers have all been found in commercial infant foods
- ✗ Formula recalls are common

Less contamination from water into baby

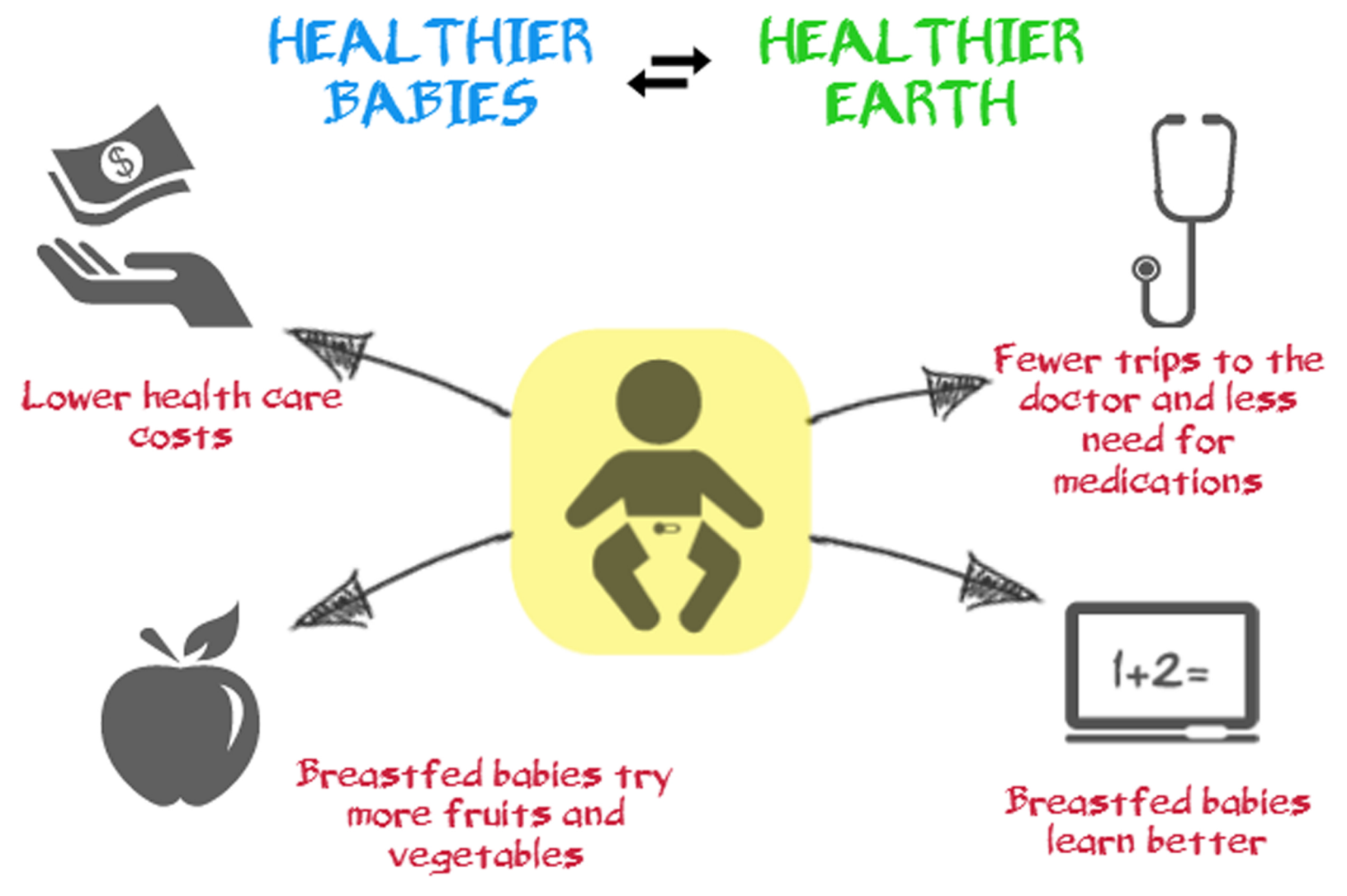
Chlorine
Insecticides
Lead
Arsenic

Breastfeeding moms can go for many months without a period

- ✓ Less impact for manufacturing, transporting and disposing of feminine supplies
- ✓ Breastfeeding helps with natural child spacing - exclusive and unrestricted breastfeeding helps space babies by reducing fertility in nursing mothers

BREASTFEEDING REDUCES WASTE AT EVERY POINT OF PROVIDING FOR BABY

Less energy needed to sterilize and heat bottles



USLCA

Need help breastfeeding?

Contact the United States Lactation Consultant Association to secure help from an International Board Certified Lactation Consultant in order to make successful breastfeeding a reality.