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
- Promotes health, decreases sick days, doctor’s visits, and missed work
- Improves health, leading to lower healthcare costs

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.

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