



National WIC Association



Human milk is free! It provides the perfect food for infants, at the perfect temperature.



Fully breastfeeding mothers receive more food for their first year of their baby's life, and extra food for their older babies.



Breastfeeding improves the health and development of infants and children. It also improves the health and wellbeing of mothers.



Human milk is always available, even when disaster strikes.

CELEBRATE 2016 WORLD BREASTFEEDING WEEK

BREASTFEEDING

A KEY TO SUSTAINABLE HEALTH | AUGUST 1-7



Human milk produces no waste, contributing to a cleaner community.