



PROGRAM MISSION

Foster a reciprocal relationship with maternal and infant health providers, breastfeeding advocates, and others in Detroit to:

- **Champion a healthy, sustainable food system**
- **Increase healthy food access for families**
- **Promote and protect breast milk as the ideal first food for babies**

BREASTFEEDING IS BEST FOR BABIES & MOTHERS

- Breast milk lowers infants' risk of diseases and infections.
- Mothers who breastfeed their babies reduce their risk of osteoporosis and cancer, and lose weight gained during pregnancy more easily.
- If 90% of U.S. families breastfed exclusively for six months, the U.S. would save \$13 billion and prevent more than 900 infant deaths per year.
- When breastfeeding is not possible, the most appropriate secondary feeding options are, in order:
 1. Mother's own expressed milk
 2. Screened and pasteurized donor milk
 3. Infant formula



NURSING MOTHERS NEED ACCESS TO HEALTHY FOOD THAT IS:

- **Rich in nutrients**
- **Free of harmful chemicals**
- **Local, accessible, and affordable**

LET'S CREATE A FOOD SYSTEM THAT NURTURES MOTHERS AND BABIES

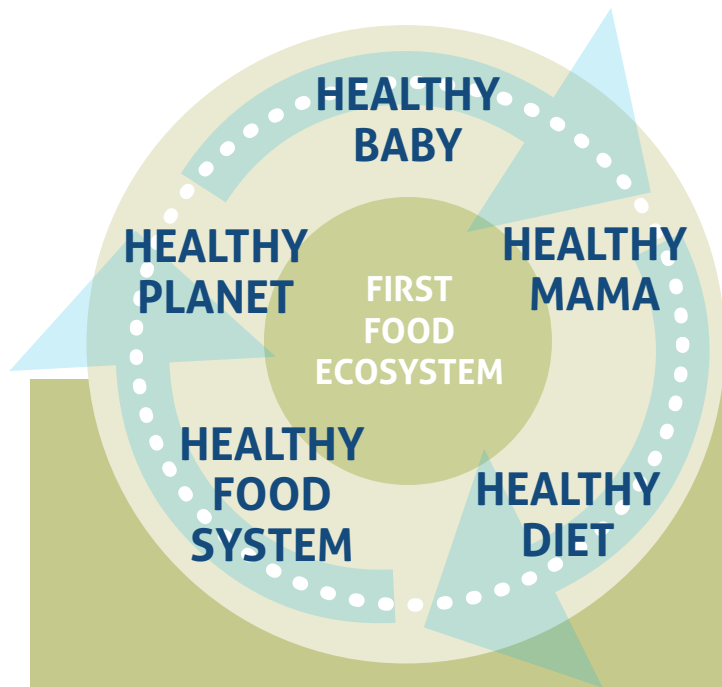
To best protect babies and breast milk, we need to minimize:

- **The use of pesticides**
- **The unnecessary use of antibiotics**
- **Our use of toxic chemicals that contaminate our food system**

HEALTHY BABIES START WITH A HEALTHY FOOD SYSTEM

Our food system is constantly under threat from pollution, including pesticides, heavy metals, and other persistent environmental chemicals.

- Infant formula is nutritionally inferior to mother's milk, and often contains chemicals of concern.
- Mothers are exposed to industrial chemicals through our dairy, meat, produce, processed, food, and foodpack aging.
- It is well-documented that certain environmental chemicals end up in breast milk, and nursing babies are unnecessarily exposed.
- Despite the presence of industrial chemicals in breast milk, the benefits of breast milk far outweigh formula feeding.



Breast milk is best for babies and needs to be protected from industrial chemicals and pollution. One of the best ways to protect mothers' milk is by ensuring our food system is healthy, sustainable, and clean.



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CENTER**

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