

Week 1 Theme: Exclusive Breastfeeding

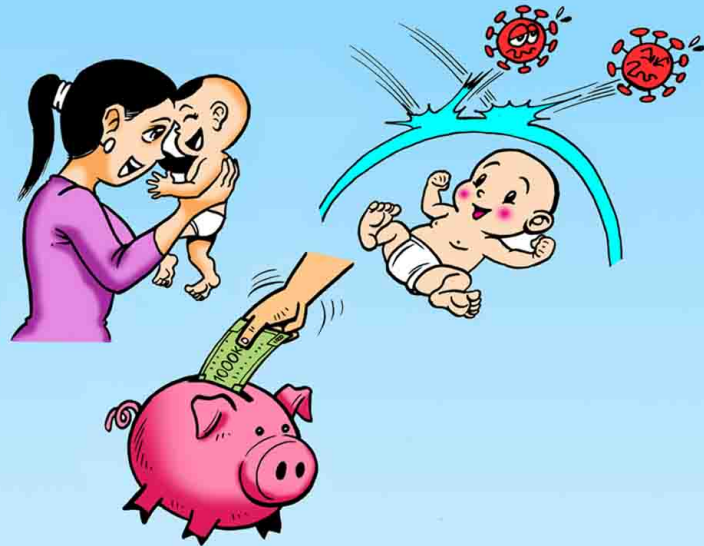
August 1 to 7 is also "World Breastfeeding Week"



Other Benefits Are:

- It protects the baby against allergy and infection;
- It helps emotional bonding between mother and child;
- It's free of charge!

- Breast milk provides all the nutrients and water that a child needs for optimal development for the first 6 months of life.
- Breastfeeding can prevent 13% of deaths among children under 5 years of age - higher than any other preventative intervention (Lancet 2003).



What are some ways in which Food Security and Livelihoods programmes can promote exclusive breastfeeding?

- Target pregnant and lactating women and families with young children in projects
- Design programmes to allow mothers to breastfeed while still participating in livelihood activities
- Promote consumption of nutritious locally available or grown foods (such as orange and dark green leafy vegetables)



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LIFT Livelihoods and Food Security Trust Fund

