



### **About La Leche League Canada**

La Leche League Canada is a non-profit organization of volunteer Leaders who since 1961 have been providing breastfeeding support and information to Canadian women, their families and health care professionals. A Board of Directors governs La Leche League Canada and works closely with staff.

Our mission is "To encourage, promote and provide mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society."

Because our services are provided by volunteers, they are very cost effective. More than 50,000 people contacted us last year to receive breastfeeding support at no cost to the already over-burdened health care system. Our website was viewed by 114,866 unique visitors with Get Help and Find a Group Pages being the most viewed along with Frequently Asked Questions. We continue to provide vital information to breastfeeding families.

### **The Cost of Not Breastfeeding**

Riordan, J.M. (1997) The cost of not breastfeeding: a commentary. *The Journal of Human Lactation*, 13(2), 93-97.

Potential healthcare cost savings from breastfeeding in four medical diagnoses were analyzed. Results showed the following potential savings in healthcare costs:

- infant diarrhea, \$630 million
- respiratory syncytial virus, \$31 million
- insulin-dependent diabetes melitus, \$72 million
- otitis media, \$660 million for a total cost of \$1.3 billion potential savings in healthcare costs using only 4 diagnoses.

These are American statistics over one year. For more information about the costs of not breastfeeding visit the Breastfeeding Committee of Canada's website at:

<http://www.breastfeedingcanada.ca>

La Leche League Canada  
P. O. Box 700  
Winchester, ON K0C 2K0  
Phone: 613-774-4900



### *Leave a LLeGacy*



*La Leche League Canada  
Planned Giving*

*Leave a bequest to support  
breastfeeding  
[www.LLLC.ca](http://www.LLLC.ca)*

## *Leave them a healthy future ...*

Our children are the most important legacy that we leave. And the gift of a healthy future through a loving, gentle approach to breastfeeding and parenting can be provided with the help of our over 400 volunteers—trained and accredited Leaders who are also experienced breastfeeding mothers.

Since the early 1960s, La Leche League Canada (LLLC) has been here to help mothers when they wanted to breastfeed their children, when they needed information and when they wanted a place to meet other mothers. You can ensure that this continues by leaving a gift that will help mothers of the future have the same opportunities as those of the past fifty years.

Our children and grandchildren are depending on you to help them. Please consider leaving a gift to La Leche League Canada so our children can have a healthier future.

Your gift can help families for years to come.



## *A legacy for our children...*



**Bequests:** One of the easiest ways that you may continue to help breastfeeding mothers is through your will or codicil, if you already have a will. A bequest in the form of a specific amount or as a percentage of your estate may be arranged with your lawyer.

If you have already included LLLC in your will, we thank you for this most thoughtful gift and for helping us continue to provide breastfeeding support and information. Please be sure to keep this pamphlet with your estate information.

**Insurance:** By naming LLLC as owner and sole beneficiary of an insurance policy, you may receive a tax creditable receipt equal to the cash surrender value of the policy. Tax creditable receipts are issued for all subsequent paid premiums.

Charitable Registration Number:  
11900 3812 RR0002

## Healthy Babies = Healthy Families = Healthy Communities



*"The wisdom and the art of breastfeeding and the comfort of a network of support from La Leche League helped me overcome the challenges of colic and too much milk. I am so grateful for the support of my husband and the women I have met through La Leche League Canada."*

— **Rebecca, mother of Mackenzie and Caeden**

*"LLLC continues to help me in developing my parenting philosophy. I know that the bond between my daughter and I continues to grow as she spends time at my breast where she belongs, right next to my heart."*

— **Melissa, mother of Kyla**

*"I don't know where I would be without La Leche League Canada."*

— **Molly, mother of Meredith and Nell**

For more information, please contact:  
**Sheila Munro**  
**Planned Giving Coordinator**  
**adc@LLLC.ca**

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Winchester, ON K0C 2K0

Phone: 613-774-4900

[www.LLLC.ca](http://www.LLLC.ca)