



*La Leche League Canada*

*Because breastfeeding isn't always easy, we're here to help*

*LLL.C.ca*



## Human Milk Is Green\*

\*ecologically speaking

It's a natural, renewable resource and it is all the baby needs for the first six months of life.

It requires no resources for packaging, shipping or disposal.

No precious energy is wasted producing artificial baby milk and related products.

No land needs to be deforested for pasture or crop production.  
It does not create pollution from the manufacturing of human milk substitutes, bottle, teats and cans.

It helps space babies by suppressing fertility in the mother.

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