

**Who ever said  
there is no such thing as  
a free lunch?**



***“Breastmilk—the original fast food”***



**Healthy Baby  
Healthy Mother  
Healthy Pocketbook**

**Use Money Saved  
by  
Breastfeeding  
To Pay for**

**Groceries**

**Medical Insurance**

**Daycare Expenses**

**Diapers**

**Clothing**

**Gas for Your Car**

**Utility Costs**

**Rent or Mortgage**

**College Education**

**World Breastfeeding Week—August 1-7**

**South Dakota Department of Health—WIC Program**