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Healthy Gallatin Designates the Community Food Co-Op as the First Breastfeeding Friendly Worksite

BOZEMAN, Montana – The Gallatin City-County Health Department’s Lactation Education Program is proud to recognize the Community Food Co-Op as the first Certified Breastfeeding Friendly Worksite in Gallatin County.

According to the US DPHHS Office of Women’s Health, “These family-friendly benefits also bring your business a 3:1 Return on Investment (ROI) through lower health care costs, lower employee absenteeism rates (since babies are healthier), lower turnover rates, and higher employee productivity and loyalty.” The Call to Action to Support Breastfeeding (January 20, 2011), urges everyone to help make breastfeeding easier decrease and help decrease health care costs.

The Breastfeeding Friendly Worksite Project is a collaboration of the Gallatin City-County Health Department and the Gallatin Breastfeeding Coalition. Area businesses are encouraged to meet the requirements set forth by the ACA 2010 to support breastfeeding employees. The Lactation Education Program is available to help local employers with creating a breastfeeding policy and developing support systems for employees returning to work.

Breastfeeding is a personal decision, and no mother should feel guilty if she cannot or chooses not to breastfeed. However, for mothers who desire to breastfeed, their success can be greatly improved through the support of their families, friends, communities, clinicians, health care leaders and employers.

Melenie Duval, Lactation Education Program Coordinator at the Gallatin City-County Health Department says, “The Community Food Co-Op has exceeded the standards set forth by the ACA 2010 and earned the gold seal rating set forth by the Healthy Gallatin Lactation Education Program. We are pleased to honor them with this hard earned designation and appreciate their support for Gallatin Valley families.”

The Lactation Education Program’s services include a 24-hour hotline, home-visiting lactation consultations, breast pump rentals, peer support, and breastfeeding classes. In addition, the Lactation Education Program is available to assist the valuable work of health care providers and employers by offering support and continuing education opportunities to meet the needs of young families.

The way a family nourishes their baby can have lifelong health and social benefits. The Lactation Education Program is here to assist in supporting the health of our communities in rural Montana.

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