

## Thinking About Ways to Go “Green”?

Consider breastfeeding as a “green” option. Breastmilk is a renewable resource. It has a low carbon footprint because it uses very little energy for packaging, production, shipping and delivery. There is very little waste because the discarded packaging is minimal. And if dispensed directly from the point of production, no energy is used to refrigerate or warm the breastmilk.

True there are some aspects of breastfeeding which may create a carbon footprint. Mom will be eating a little more food to provide the calories her body will need to produce breastmilk. But these will use far less energy and create less waste than the production, shipping and delivery of containers of infant formula. Local foods, if available, can be used further reducing the energy costs for producing breastmilk.

All that’s required for breastfeeding is a mother’s breast. Other items may be used such as nursing pads, a nursing bra or special clothing making nursing more convenient or comfortable, but they are not required. Using infant formula will require bottles, nipples and usually a container to mix the formula. These items would have to be cleaned after each use requiring more water. Once open or mixed with water, the infant formula must be refrigerated. And it usually is served warm, so energy is used to heat it up.

So consider another way to go “green” and choose breastfeeding.