

# Action Plan on Infant Nutrition in Saskatoon

## ADVOCACY

- Policy Work
- Ensuring the Right to Food
- Encouraging Breastfeeding friendly and Baby friendly initiatives

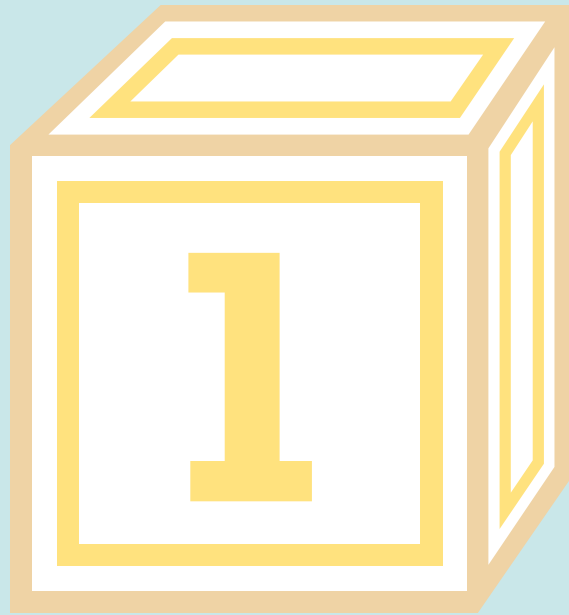
## SUSTAINABLE SUPPORT

- Mothers' Centre
- Bulk Buying
- Community Breast pump depot
- Improved ward support and information

## EMERGENCY SUPPORT

- Emergency Formula
- Human milk bank





# Tier One: System Support

- **Advocacy**
  - Advocate for a commitment from various levels of community and government to create a community that is safe and provides adequate support for all babies.
- **Ensuring the right to food**
  - Advocate for the right to food to be recognized for all members of the community, particularly infants and toddlers.
- **Encouraging Breastfeeding and Baby Friendly initiatives**
  - Encourage those initiatives that support breastfeeding such as Baby Friendly workplaces and Baby Friendly public spaces.



## Tier Two: Long-term Support

- Bulk buying
  - Organize monthly bulk buying of formula to allow families to stretch their budget and ensure that they will have enough formula for the month.
- Mothers' centres
  - Establish drop-in mothers' centres where moms can connect with and support one another.
- Breast pump library
  - Create a breast pump library in our neighborhood so moms who cannot afford to buy their own can borrow a breast pump.
- Ward support
  - Support the education needs of maternity ward nurses and staff to ensure that all moms receive post-partum support.
- Appropriate and accessible information
  - We have created and are distributing an emergency infant support brochure to improve knowledge of existing resources.



## Tier Three: Short Term Support

- Emergency infant foods
  - We are working with the food bank improve formula distribution abilities.
- Human milk bank
  - Partner with Public Health and Breastfeeding Matters to promote the creation of a place where babies, particularly those born pre-mature or at risk for other reasons, can access human milk.