



Wellness
Nutrition

August 2020

Fun FaCts



WABA | WORLD BREASTFEEDING WEEK 2020

AUGUST 1-7, 2020

Breastfeeding does not waste scarce resources or create pollution

- Breast milk is a naturally-renewable resource that requires no packaging, shipping, or disposal.
- There is less use of natural resources like glass, plastic, metal, paper and less waste for landfills.
- Electricity and fuel are consumed in the preparation of infant formula.

#WBW2020

Hand Expression

More effective than pumping,
especially in the early days!

Great to relieve engorgement
(swollen, full, hard, uncomfortable breasts)!

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Before you begin sit up, lean forward and gently massage your breasts.

Step 1) Use fingers to form a 'C'
Place thumb and index finger tips about an inch away from the outside of your areola with your nipple in-line/in-between.

Step 2) Press
Apply steady pressure with thumb and index finger pushing straight back toward your chest.

Step 3) Compress
With fingers pressed in, gently squeeze thumb and index finger together. Squeeze around the areola, not the nipple.

Step 4) Relax
Relax your fingers. No need to remove them from your breast until finished.

Step 5) Repeat

Check out this
hand expression
video! ↓



1. Open smart phone camera
2. Hover camera over square
3. Click the link that appears

Video is from Breastfeeding
Medicine of Northeast Ohio

Delicious & Nutritious!

Chinese Cabbage Salad

Ingredients:

6 cups of red and Napa cabbage
1 medium cucumber
1 cup diced carrots
1/2 cup fresh, chopped cilantro
1/3 cup chopped green onions
1/2 cup sliced almonds (optional)



<https://wichealth.org/>

Directions:

- 1) Wash prep area, your hands, and vegetables.
- 2) Shred cabbage. Peel and dice cucumber and carrots.
- 3) Chop green onions and cilantro.
- 4) In a large bowl, mix all ingredients except almonds.
- 5) Top with sliced almonds and a dressing of your choose.

Tip: Make Honey and Mustard Vinaigrette for this salad dressing.
Find the recipe at WIChealth.org in the *Health eKitchen!*