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LACTATION ACCOMMODATION

California law requires employers to provide accommodations for breastfeeding mothers as well as to support the practice of breastfeeding by striving to accommodate the needs of those employees. Looking to promote your company’s breastfeeding policy to your staff? Below are three essential requirements to ensure that employees can successfully work and breastfeed.

Time: Allow employees sufficient break time to pump, or develop flexible work hours.

Space: Have available a comfortable, clean and private space for the pumping and storage of breastmilk or provide on-site or nearby childcare so employees can breastfeed during breaks and lunch.

Support: Develop a “mother friendly” workplace. Improve attitudes towards breastfeeding by educating workers and management about the benefits of breastfeeding.

Harvest of the Month



Fruit: Melons

Vegetable: Green Beans



Get to know the harvest

- A 1/2 cup of green beans is a good source of vitamins C and K. Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.
- Melons are a good source of carotenoids, which are antioxidants that may lower your risk for some diseases by helping your body fight cell-damaging free radicals.
- Try making melon kabobs with cubed cantaloupe, honeydew, and watermelon for dessert at your next cookout!

SWAP OUT: White Bread

SWAP IN: Whole Grain Bread



White bread uses white flour, which is stripped of many important nutrients. Whole grain bread is an excellent source of dietary fiber, B vitamins, and minerals. Whole grains may help with digestion and weight management. Whole grains are an important source of Folate (or Folic Acid), which is a B vitamin.

This important nutrient is especially vital for women who are or may become pregnant, as it helps to protect against certain birth defects.



Folate is also beneficial for breastfeeding mothers as it can benefit the mother’s health and the health of their child.

Workplace Tip: Have whole grain bread options available at meetings and employee dining halls.

For more information on Whole Grains click [here](#)

