

Fond du Lac Reservation is Supporting Mothers and First Foods

“Food Sovereignty starts with The First Food – Doodooshaaboo (breastmilk)”

A new Lactation Policy was recently passed at the Fond du Lac Reservation. This policy requires all Programs and Enterprises to provide a designated lactation space for their employees, clients and guests and adequate time for employees to express milk. Grant funding received in early 2019 from Born to Thrive and Hunger Solutions allowed Fond du Lac to facilitate the creation of this policy by offering training to managers and supervisors and supplies for room set up. The lactation rooms are specifically designed to create a private, quiet, and peaceful atmosphere that nursing mothers can utilize for their lactation needs. Additional amenities in each room may include: a medical grade breast pump, breastmilk storage bags, snacks and soothing music and art work. The policy was adopted with recognition of the importance and benefits of breastfeeding for not only mom and baby, but for the employer too.

“Empowering Indigenous women to reconnect to a traditional practice, Breastfeeding, is the start to reclaiming food sovereignty. A mother providing her newborn her milk restores a bond that was once taken from her ancestors. That bond begins to heal, not only the mom, but the community as well. Babies that are exclusively breastfed for 6 months have a reduced risk of: ear infections, diarrhea, allergies, obesity, diabetes, leukemia, other childhood cancers and the list goes on. A mother’s milk contains thousands of different components that continually change to meet the newborn’s needs. A mother providing her breastmilk to her children sets them up with a strong foundation and strengthens her identity as a caregiver”.

-Excerpt from the Fond Du Lacs’s Food Sovereignty Assessment

