



1. **Poverty Reduction:** Breastfeeding is a natural and low-cost way of feeding babies and children. It is affordable for everyone, and does not burden household budgets compared to artificial feeding.
2. **Zero Hunger:** Exclusive breastfeeding and continued breastfeeding for two years and beyond provide high quality nutrients and adequate energy and can help prevent hunger, under-nutrition and obesity. Breastfeeding also means food security for infants.
3. **Good Health and Well-Being:** Breastfeeding significantly improves the health, development and survival of infants and children. It also contributes to improved health and well-being of mothers, both in the short and long term.
5. **Gender Equality:** Breastfeeding is the great equaliser, giving every child – male or female - a fair and best start in life. Breastfeeding is uniquely a right of women and they should be supported by society to breastfeed optimally. The breastfeeding experience can be satisfying and empowering for the mother as she is in control of how she feeds her baby.
8. **Decent Work and Economic Growth:** Breastfeeding women who are supported by their employers are more productive and loyal. Maternity protection and other workplace policies can enable women to combine breastfeeding and work or employment. Decent jobs should cater to the needs of breastfeeding women, especially those in precarious situations.
10. **Reduced Inequalities:** Breastfeeding practices differ across the globe. Breastfeeding needs to be protected, promoted and supported among all, but in particular among poor and vulnerable groups. This will help to reduce inequalities.
12. **Responsible Consumption and Production:** Breastfeeding provides a healthy, viable, non-polluting, non-resource intensive, sustainable and natural source of nutrition and sustenance.

For all 17 ways in which breastfeeding is connected to the SDGs, go to: <http://worldbreastfeedingweek.org/>