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**Company/Organization:** Keene State College

**Type of organization:** Business

**Number of Employees:** Worksites with <100 employees

**Category:** Workplace

**Challenge or Opportunity:** Break time for breastfeeding or pumping is required by federal law as of 2010. However, mothers face barriers that include: 1) Work schedule does not allow for milk expression, 2) No place to express and/or store expressed milk, and 3) Negative culture surrounding breastfeeding in the workplace.

**Approach or Solution:** We used mini-grant funds from the Center for Disease Control and Prevention and NH Department of Health and Human Services. The funds have been used to help worksites across NH to develop policies, create spaces for lactation, and improve inter-professional attitudes around breastfeeding.

**Impact:** We reached 22 worksites across NH and in a range of industries (manufacturing, education, and healthcare). Our work is evidence-based. According to the U.S. Surgeon General and several health organizations; breastfeeding protects babies from infections and illnesses. Lactation programs ultimately create a return on investment for employers.