



Liquid Gold
AND
It Takes A Village

Two stories to uplift and empower
Black women to breastfeed their babies.

These two stories were written by The Equity Lab, which is comprised of passionate and committed African-American community members who shared their insight during Ramsey County listening sessions. These stories are their creations that were brought to life through powerful illustrations.

Download and read the entire book and find resources by scanning the QR Code.



Breastfeeding is beneficial even if done for a short time. The milk a mother produces is custom made and provides everything the baby needs. Many resources are available to support parents, family and friends including:

La Leche League of Minnesota and the Dakotas:
www.llofmdas.org

Chocolate Milk Club:
www.facebook.com/groups/chocolatemilkclub

Minnesota Breastfeeding Coalition:
www.mnbreastfeedingcoalition.org

WIC: www.ramseycounty.us/wic



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