

**Hope Springs Breastfeeding Parenting Project**  
Jan-Dec, 2015  
Presented By: Marilyn Lemon and Tracey Gibbons

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**Background:**

- 47% increase in # of clients visiting food banks from 2011-2013 (The Hunger Report)
- The Salvation Army, Warton had a significant number of women coming to the food bank on a regular basis, not just for emergency need. These women were vulnerable, high risk, living in poverty and dealing with multiple stressors
- The area Public Health Nurse was approached around this and a sub committee was formed resulting in a pilot "Hope Springs Parenting Project" in 2013 for 8 weeks in partnership with the Salvation Army and Public Health. Other less formal partners included the Ontario Early Years Center, United Way, Grey Bruce Health Unit –Dietitian

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**Goals:**

- Increase breastfeeding knowledge, skills and confidence for vulnerable, young breastfeeding moms
- Increase knowledge of healthy food choices while breastfeeding and sustainable lifestyle change

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Strategies:

1. Personal Skill Building: community kitchen, nutrition session and supermarket tour with Health Unit Dietitian
2. Self Help/Mutual Support: education/information sharing done in different styles i.e. cooking with Good Food Box, role modeling with peer mentor (s).

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The Peer Mentor Role

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Sustainability:

1. Approach local clubs like Rotary Club to support funding and sustainability
2. Proposal to The Salvation Army of Canada for ongoing financial support
3. Continue with GFB at subsidized cost
4. Regular Community Kitchens led by the peer mentor and Salvation Army trained volunteers

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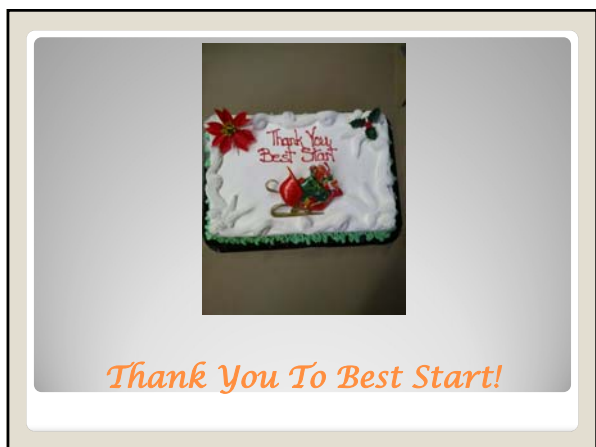
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