

Breast Milk Bank: <https://milkbankne.org>

- Based on a volunteer system
- Financial assistance
- Lots of safety requirements:

Overall information about Breastfeeding: <https://www.cdc.gov/breastfeeding/index.htm>

How to Breastfeed, it isn't just instinct:

<https://www.womenshealth.gov/breastfeeding/learning-breastfeed>

How to pump and store breast milk:

<https://www.womenshealth.gov/breastfeeding/pumping-and-storing-breastmilk>

- Information on ways to breastfeed and cost for each method
- Information on how to store breastmilk
- Information on how to use stored breastmilk

How to be healthy and breastfeed on a Vegetarian or Vegan diet:

<https://www.verywellfamily.com/breastfeeding-and-vegetarian-diets-431861>

- Information on how to be healthy while breastfeeding
- What vitamins to take while on a vegan or vegetarian diet
- Specific information on each diet

<https://www.morethanjustveggies.com/vegan-breastfeeding-diet/>

- Information from a vegan mom on how to have a well planned vegan diet while breastfeeding