



Eats On Feets

www.eatsonfeets.org

www.facebook.com/EatsOnFeetsHome

info@eatsonfeets.org

EATS ON FEETS PRESS KIT

OVERVIEW

Eats On Feets and Eats on Feets Facebook pages facilitate a world-wide network of parents and professionals who have made the informed choice to share or support the sharing of breastmilk. The Facebook pages provide a commerce-free space where women can share their milk in an ethical manner.

Shell Walker, a Phoenix, Arizona midwife started the original Eats On Feets page in late July of 2010. She thought that "Eats On Feets" would be a fun and lighthearted name for the page. She had thought of this name back in 1991, sitting under the cottonwood trees with her fellow breastfeeding friends:

'Hey, why don't we just become wet-nurses? Instead of Meals on Wheels, we can call ourselves 'Eats On Feets.' ~Shell Walker, 1991.

Out of these words blossomed the network that we know today as Eats On Feets. We call the milk sharing that happens on our network "community breastmilk sharing."

By designing the original working model for running a Facebook based milk sharing network, creating original documents, compiling and making accessible extensive research, we have influenced milk sharing policy and have become known as the go-to organization for information regarding the safety, mechanisms and informed choice process of community based milk sharing.

ORGANIZATIONAL SET UP

Our pages are set up to allow for the autonomous decision making of admins within the parameters of how EOF was set up.

- Pages are to be used for commerce-free milksharing only
- Pages are used to promote the ethical sharing of breastmilk only
- No self promoting of businesses and organizations
- Pages are to have the EOF safety information accessible
- Pages can:
 - Use their own logos and time line pictures,
 - Have their own way of handling requests and offers,
 - Have their own networking procedures,
 - Manage their own admins and co-admins,
 - Manage their application process



Eats On Feets

www.eatsonfeets.org

www.facebook.com/EatsOnFeetsHome

info@eatsonfeets.org

BIOGRAPHIES

Shell (Walker) Luttrell

Shell is a licensed and certified midwife who practices in Phoenix, Arizona.

Maria Armstrong

Maria is a doula, childbirth educator and community breastmilk sharing consultant who practices in Portland, OR.

Zoe Reid

Zoe Reid is a work at home mum, spending her time empowering parents and looking after children.

Other people

There are many other people closely involved with the development of Eats On Feets into what it is today. There are also many people who continue to support EOF with their time, talents and expertise as we grow. It would be a mistake to include a few and leave out others. We could not do this without any of the volunteers involved. We thank all of them: our admins, writers, technical support people, researchers, lactational professionals and other professionals who have joined us in this endeavor.

FAQs

Q. Why choose Eats On Feets?

A. Eats On Feets is uniquely dedicated to supporting community based breastmilk sharing with the most current research and information. Our "Resource for Informed Breastmilk Sharing" is under regular scrutiny from members of the medical and research community, and concerns are immediately addressed to ensure the accuracy of this resource.

Eats On Feets is also dedicated to the informed private arrangement of breastmilk sharing. Our administrators work diligently to protect the right to harassment-free, commerce-free, ethical arrangement of milk sharing. Even when anonymity is needed on Facebook, Eats On Feets administrators can accommodate arrangements that still support the integrity of direct contact between the donor and recipient is honored.

As a dedicated group, we routinely reassess our goal and purpose –providing space and support to the families and professionals who choose informed milk sharing guided by the Four Pillars. This is our commitment to our communities and to the right of every baby to have biologically normal nutrition.



Eats On Feets

www.eatsonfeets.org

www.facebook.com/EatsOnFeetsHome

info@eatsonfeets.org

Q. Is milk sharing safe?

A. There are always risks associated with feeding a baby breastmilk outside of the closed bio-system of mother-child. Milk sharing can be done safely as long as all the parties involved practice informed choice making. Parents and professionals need to look through the research available to them and apply it to their personal situation. Precautions may include thorough donor screening, and at-home pasteurization of donor milk, as well as screening of the recipient family.

Q. What are the risks?

A. Risks of milk sharing include, for instance, exposure to dangerous viruses, exposure to bacteria from improper handling, unwanted contact from adults who seek milk for non-medical reasons, harassment by donor or recipient. To our knowledge, there are no documented cases of disease transmission or bacterial infection associated with informed milk sharing at this point.

Q. Who needs donated breastmilk?

A. Eats On Feets focuses on the breastmilk needs of babies and young children. All children have a right to breastmilk. There are many situations wherein a child or baby would need donated breastmilk, including but not limited to: death of mother, adoption, foster care, guardian care, low milk production, no milk production, mother's health. Eats On Feets does not endorse any order of priority for the sharing of breastmilk with babies and young children.

Q: What does Eats On Feets NOT do?

A:

- * Support or approve of the selling of breastmilk on our network.
- * Match donors and recipients.
- * Keep track of matches being made on our page.
- * Provide medical advice or clinical care.
- * Screen donors or recipients.
- * Provide contracts or questionnaires.
- * Decide who should receive breastmilk.
- * Collect, store or distribute breastmilk.
- * Receive money, payment, donations or funding of any kind.
- * Reimburse volunteers/supporters.
- * Act as mediators or advisors if difficulties or misunderstandings occur between parties.
- * Accept liability for the outcomes associated with sharing breastmilk.
- * Expect mothers to try to increase their supply in order to donate or receive milk.



Eats On Feets

www.eatsonfeets.org

www.facebook.com/EatsOnFeetsHome

info@eatsonfeets.org

Q. What are our goals at EOF?

A.:

- Researching methodologies which enable parents to safely provide donor milk for their babies,
- Providing education opportunities,
- Reaching out in the health professional field for collaboration in bringing healthy breastmilk to all babies.

OUTREACH

- Community education presentations are available upon request.
- Downloadable original documents, info cards, flyers and business cards are available via our website
- Other ways to get involved are outlined on our website

NEWS COVERAGE 2011-2013

- 03/05/2013 House Unseen - Eats on Feets: 'cause babies luv the boob juice
<http://www.houseunseen.com/2013/03/eats-on-feets-cause-babies-luv-boob.html>
- 02/15/2013 HuffPost Live: 21st Century Wet Nurse
<http://live.huffingtonpost.com/r/segment/breast-milk-banks-markets/511a8eeb02a76065d000008b>
- 02/25/2013 WQAD8 - QC moms use the Internet to share breast milk
<http://wqad.com/2013/02/25/qc-moms-use-the-internet-to-share-breast-milk/>
- 02/25/2013 Kitsap Sun Intuition and trust guide informal milk exchanges
<http://www.kitsapsun.com/news/2013/feb/25/intuition-and-trust-guide-informal-milk/#axzz2LzVk6Sj7>
- 02/13/2013 Brooding: Milk sharing - would you do it?
<http://brooding.thespec.com/2013/02/milk-sharing-would-you-do-it-.html>
- 02/12/2013 Cafe Mom: 7 Ways to Keep Baby Safe When Using Donor Breast Milk
http://thestir.cafemom.com/baby/151093/7_ways_to_keep_baby
- 02/11/2013 New York Times: Picking Source of Baby's Milk
<http://well.blogs.nytimes.com/2013/02/11/picking-source-of-babys-milk/>
- 02/7/2013 Perissodactyla: Got Milk? – zebras stealing and sharing milk
<http://perissodactyla.wordpress.com/2013/02/07/got-milk-zebras-stealing-and-sharing-milk/>
- 12/2012 CAPPA Connection: Milk Sharing and Perinatal Professionals <<http://www.cappa.net/documents/MilkSharing.pdf>>
- 12/27/2012 Best For Babes: Milk Train Brings Healing to Baby and Mom
<http://www.bestforbabes.org/milk-train-brings-healing-to-baby-and-mom>
- 12/04/2012 PilotOnline.com: Donated breast milk can be a preemie's best friend
<http://hamptonroads.com/2012/12/donated-breast-milk-can-be-preemies-best-friend>
- 11/02/2012 Otago Daily News: Breast milk network all about give and take.
<http://www.odt.co.nz/news/dunedin/184795/breast-milk-network-all-about-give-and-take>
- 10/11/2012 LV Moms: An Open Market for Breast Milk
<http://www.learnvest.com/2011/10/an-open-market-for-breast-milk/>
- 09/09/2012 ThePress NZ: Mums Let Generosity Flow <
<http://www.stuff.co.nz/the-press/news/7641166/Mums-let-generosity-flow>>



Eats On Feets

www.eatsonfeets.org

www.facebook.com/EatsOnFeetsHome

info@eatsonfeets.org

Publications, citations and Speaking Appearances

2013 [HuffPost Live: 21st Century Wet Nurse](#)

2013 Presentation at The Nappy Shoppe about Community Breastmilk Sharing

2012 Publication in [Midwifery Today Spring 2012](#)

2012 Citation in [Pubmed](#)

2012 Citation for Organization Policy [December 2012 CAPPA Connection: Milk Sharing and Perinatal Professionals](#)

Breastmilk Sharing

2012 Presentation at the Breastfeeding Coalition of Lane County about Community Breastmilk Sharing

2011 Presentation at Portland MamaBaby Center about Community Breastmilk Sharing

2011 Presentation at CACLS about Origins and Philosophy about Eats On Feets

ART PORTFOLIO



4 Easy Steps to posting on your Local Page!

- 1** Click the Chapters Tab!
- 2** Find your local page!
- 3** LIKE IT!
- 4** Post your need/offer!





Eats On Feets

www.eatsonfeets.org

www.facebook.com/EatsOnFeetsHome

info@eatsonfeets.org

Pictures





Eats On Feets

www.eatsonfeets.org

www.facebook.com/EatsOnFeetsHome

info@eatsonfeets.org

Pictures



Video

Shipping Breastmilk with Dry Ice

<http://www.youtube.com/watch?v=xdFfek3HYwY>



Eats On Feets

www.eatsonfeets.org

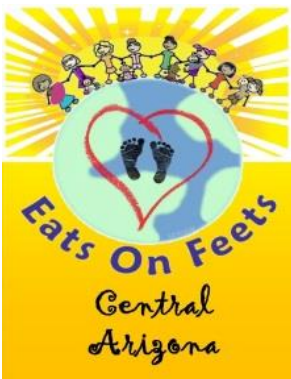
www.facebook.com/EatsOnFeetsHome

info@eatsonfeets.org

The Eats On Feets logos



eats on feets





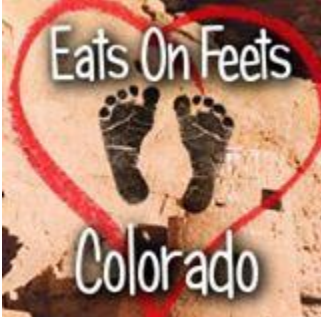
Eats On Feets

www.eatsonfeets.org

www.facebook.com/EatsOnFeetsHome

info@eatsonfeets.org

The Eats On Feets logos





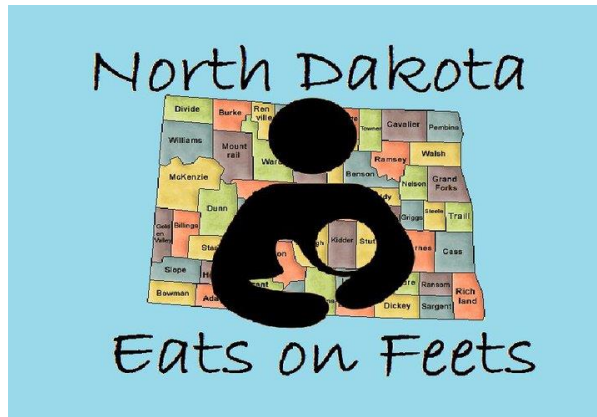
Eats On Feets

www.eatsonfeets.org

www.facebook.com/EatsOnFeetsHome

info@eatsonfeets.org

The Eats On Feets logos



Eats On Feets



Tennessee



Eats On Feets ~ USA

Land of the Free—Flowing milk,
Home of the Brave -
Women Who Share



Eats On Feets Argentina





Eats On Feets

www.eatsonfeets.org

www.facebook.com/EatsOnFeetsHome

info@eatsonfeets.org

The Eats On Feets logos



CONTACTS

Shell Walker shell@themidwife.net

Maria Armstrong agapedoulamaria@gmail.com

Zoe Reid reid.zoe.seph@gmail.com