


# IS BREASTFEEDING REALLY FREE?

These are some of the direct costs of forgoing formula, not including tax.

 = \$20 USD



**PUMP - \$269.99\***

\*free with most health insurance



**MILK STORAGE - \$256.93**

breastmilk bags, bottles, cooler



**NURSING WEAR / ACCESSORIES - \$186.92**

nursing bras, nursing tops, nursing covers



**PUMP ACCESSORIES - \$102.41**

parts, collection accessories, cleaning supplies



**NURSING ACCESSORIES - \$46.06**

nursing pads, cream & shields, necklace



**TOTAL SPENT \$862.31**  
in 12 months

