

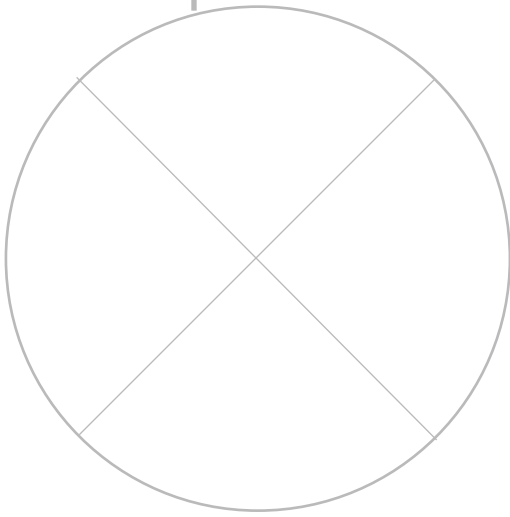
Stop!

I am hungry.
My mommy is
nursing me.

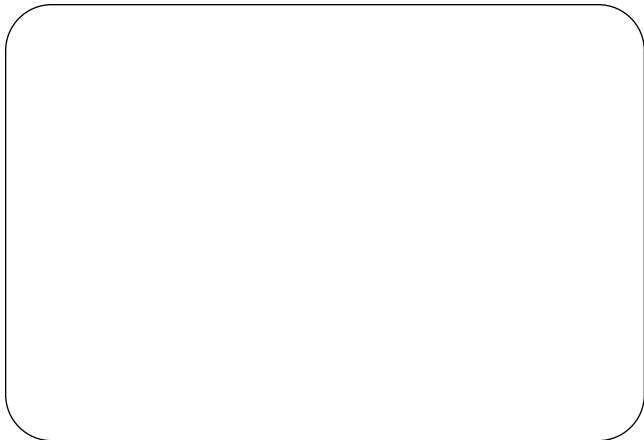
Please do not
disturb us during
this special time.



EFNEP-123c



Your Mom's Helper is:



EFNEP-123c

Barbara Struempfer, *Extension Nutritionist*, Professor, Nutrition and Food Science, Auburn University, and **Autumn Marshall**, *Nutrition Marketing Educator*, Auburn University

Issued in furtherance of Cooperative Extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, and other related acts, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability. UPS, 3M11, New Jan 1999, EFNEP-123c