



SDBFC FOUNDATION


# Impact Report



2023



San Diego  
Breastfeeding  
Center *Foundation*



**“ We empower BIPOC and low-income parents in their feeding journeys and work to actively strengthen their community support through increased access and representation. ”**

*Who we are...*

## **Our Mission and Purpose**

SDBFC Foundation was started in 2016 to meet the need of families who couldn't afford lactation services from a lactation consultant (IBCLC). Over the years our mission has expanded to address the stark disparities among black and brown communities, where there are more barriers and challenges in accessing culturally congruent lactation services. We focus on meeting the need by providing free and low-cost chest/breastfeeding consultations, expanding access into San Diego's "first foods deserts," and increasing representation among lactation professionals through scholarships and support grants.



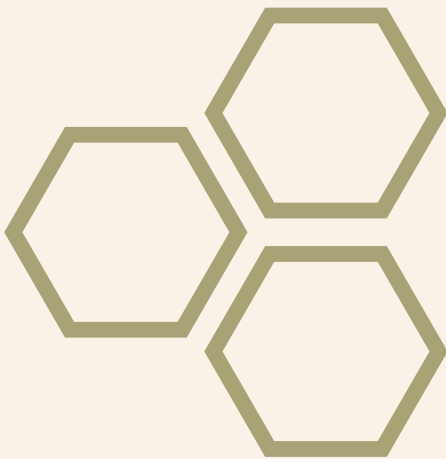
San Diego  
**Breastfeeding  
Center** *Foundation*

# Highlights



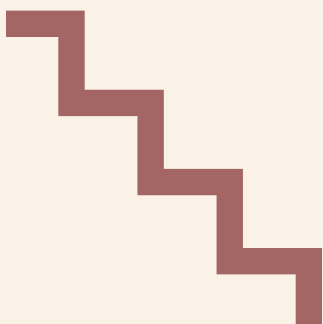
Pg.4 1,017 Free/Reduced-Fee  
Lactation Consultations

16 Feeding Our Future  
Scholarships Pg.5



Pg.8 Three Thriving Clinics

San Diego Latch On  
Highlights! Pg.9



Pg.10 Leadership Changes



## **1,017** free/reduced fee lactation consultations

In 2023, the SDBFC Foundation provided more free/reduced-fee lactation consultations than ever before. We had a staggering **1,017** total visits at the La Mesa, Southeast, and Banker's Hill locations, up from **379** visits in 2022. These consultations helped families overcome chest/breastfeeding, pumping, and bottlefeeding challenges, as well as increased parental confidence, thereby extending the duration of the families' chest/breastfeeding journeys. More human milk for babies = better longterm health outcomes for our communities!



# SDBFCF Scholarship Program



Our Scholarship Program aims to increase cultural congruency and representation in lactation support in chest/breastfeeding deserts



## 16 Feeding Our Future Scholarships awarded to BIPOC Lactation Students

As part of the SDBFC Foundation's Feeding our Future campaign, our scholarship program was created to eliminate the barriers for BIPOC individuals who want to pursue a career in lactation, and to nurture a sustainable network of BIPOC lactation professionals for our future candidates. In 2023, we distributed \$17,140 for 16 scholarships and support grants, bringing our total to 32 awards distributed since Fall of 2021. Our program graduates have already begun their careers as lactation professionals in their communities! Over the next year, it is our intention to provide 6 more funding opportunities to eligible candidates.

# Scholarship

“I am so grateful to have received a scholarship to pay for gas and childcare expenses associated with my clinical hours for my IBCLC program. Being able to go to an in-person clinical site (rather than just complete all of my hours through virtual simulations) has been an invaluable education and experience. This award money has allowed me to have the opportunity to work with some amazing preceptors and learn from their wealth of knowledge. They gave me valuable insight into what it is to be a lactation consultant in a fast-paced clinic and great studying tips for the upcoming IBCLC exam.

I definitely feel honored to have these experiences and, without the financial help of the scholarship, would not be a reality in this time of me and my family's lives.”



Jane

“The SDBFC Foundation scholarship has allowed me the opportunity to pursue my goals without sacrificing any other parts of my life. I am literally months away from sitting for my lactation consultant certification when I otherwise would still be saving up to pay for the classes and internships needed. Also, having a mentor has been so helpful... To have someone in my corner to support me is amazing!”



Tanecia

# Recipients

“This scholarship is such a blessing and it means so much to me as an aspiring IBCLC. I feel grateful to have this award and it has helped me facilitate some of the hardships I faced in my journey of becoming a lactation professional. Many of the families I see working at WIC are low income and in need of breastfeeding support. This scholarship has helped me get closer in reaching that goal and filling in the gaps for our local low income population.”



Yareli

“The SDBFC Foundation scholarship has removed financial barriers and allowed me to focus on the education course without an added layer of stress. We often hear about the need for more lactation professionals of color, but rarely are lactation professionals of color afforded the opportunity of access to education and training—by having the hurdles and barriers removed. I also understand how important it is to increase lactation professionals of color so that families may not only see themselves reflected but have access to professionals whose lived experience may shape their understanding of community need and foster cultural congruence—as a Black breastfeeding mom myself, in providing support and education to families, I work to understand the intricacies and intersections between my lived experience and those of members of my community. Thank you so much SDBFC Foundation!”



Symone



## Three Thriving Clinics!

SDBFC Foundation clinics have seen **unprecedented demand** in 2023! The IBCLCs at our La Mesa, Banker's Hill and Southeast locations have continued to offer our communities incredible support through free or low-cost private consultations and free chest/breastfeeding support groups. When our 3rd clinic started accepting clients in March 2023, we expected demand to increase because the support groups at that location was already thriving... but no one anticipated that our yearly total would almost triple! It is deeply apparent that the need for affordable and culturally respectful lactation healthcare is strong in our community and we feel so grateful to be meeting that need.





## 2023 San Diego Latch On

On August 5, SDBFCF joined hundreds of friends and supporters in celebration of World Breastfeeding Week. Allied Gardens Park was once again *the* place to be: 25 businesses and organizations set up their booths to share their services and products. Tula Baby hosted a baby-wearing demo at their booth and Reach Perinatal Health led a Baby and Me yoga session in the shade. This was the 8th time we have hosted the event and we are excited to share that we had 150 adults participants with 76 latching dyads for the official “Latch On” portion of the event. The sunny summer morning was full of children and families enjoying the beautiful weather in the park!

# Leadership Changes



**Robin Kaplan, M.Ed., IBCLC, FNC**  
Founder & Past Executive Director



**Chardá Bell, IBCLC**  
New Executive Director

## From Robin...

In 2016, I founded the San Diego Breastfeeding Center Foundation to make lactation consultations accessible despite financial constraints. Unexpectedly, the nonprofit expanded to three clinics and awarded nearly \$50,000 in scholarships for a diverse lactation professional community. Now, as we embrace growth, I'm honored to introduce Chardá Bell as the new Executive Director. Chardá, with a demonstrated passion for our mission and advocacy against systemic oppression, will lead with dedication, fostering community resources. Welcome Chardá Bell as the new Executive Director of the San Diego Breastfeeding Center! – Robin Kaplan, Founder

# Leadership Changes



## From Chardá...

As a Black IBCLC lactation consultant, mother, and entrepreneur, I align with the organization's values. Breastfeeding is a public health, food, reproductive, and social justice issue, and everyone deserves unconditional access to resources such as lactation support. My passion lies in advancing maternal and child health, particularly addressing disparities. I'm a San Diego native (Southeast), I'll draw from socio-cultural experiences to provide intimate knowledge and respect for the values of our Black diaspora communities. In my leadership roles in nonprofits and community organizations, I've focused on education, equity, advocacy, and eliminating first food deserts. I'm excited to sustain and enhance the organization's momentum, I look forward to uniting our community and board, fostering greater equitable support for families in San Diego County. --Chardá Bell, IBCLC, Executive Director

To those who are helping us change the landscape  
of lactation support in San Diego...

Thank You!  
to our generous partners:



*Our Donors make this work possible!*

**Join our Milk Circle of Support to help us sustain our mission...**

**Just \$5 per month helps us build sustainable support for lactation equity.**

**Join us today!**

**[sdbfcfoundation.org/milkcircle](https://sdbfcfoundation.org/milkcircle)**

**SCAN ME!**



"It was truly a blessing to be part of a program where I was able to receive free lactation support from Jarrah and Chardá! With the empathy, knowledge, and one on one support given, I was able to get my son to latch! I always recommend the San Diego Breastfeeding Center Foundation to any friends who are expecting. I love how accessible and affordable it can be for families and I'm honestly so thankful!" - Jamaica

**Donate today at an amount meaningful to you.**

**[sdbfcfoundation.org/donate](https://sdbfcfoundation.org/donate)**

**-or-**

**Send a check to:**

**San Diego Breastfeeding Center Foundation**

**8325 University Ave. La Mesa CA, 91942**



San Diego  
**Breastfeeding  
Center Foundation**



*Join us as we*

# CHAMPION

increased access and equity in  
San Diego's chest/ breastfeeding community!



Sign up to stay in the loop!



[info@sdbfcfoundation.org](mailto:info@sdbfcfoundation.org)



[www.sdbfcfoundation.org](http://www.sdbfcfoundation.org)



San Diego

Breastfeeding  
Center *Foundation*