

NEWS RELEASE



**Yakima Valley
Farm Workers Clinic**

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FOR IMMEDIATE RELEASE

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Union Gap Cabela's Recognized for Supporting Breastfeeding in the Workplace

YAKIMA – Breastmilk and breastfeeding have many proven health benefits for both babies and mothers alike. Yakima Valley Farm Workers Clinic is recognizing local employers who go the extra mile to support mothers in their breastfeeding journeys.

Employees at Cabela's, in Union Gap, nominated the sporting goods store for the 2023 Employer Excellence in Breastfeeding Support Award. The award recognizes the outstanding support shown to mothers returning to work and breastfeeding.

“Employers like Cabela's should serve as a model of what employees need and deserve in terms of workplace accommodations in order to continue to provide breastmilk for their babies once they return to work,” said Gabrielle Frank, Yakima Valley Farm Workers Clinic WIC Dietitian. “I look forward to other area employers learning about this important topic and finding ways to innovate and help their employees and children be healthier.”

According to Frank, Cabela's converted a training room into a breastfeeding room. The room was equipped with a reclining chair, a small table to get organized, a mini fridge for storing breast milk, and a lock on the door for privacy. Management also let their employee know they could use the room anytime they needed to pump, during and outside of breaks.

“It gives me a good feeling to go back to work and have this space and that the baby can come in and I can nurse her there,” said the Cabela's employee who submitted the nomination.

Not all new mothers returning to work are lucky enough to have an employer as accommodating as Cabela's

“Women who want to continue breastfeeding after they return to work face major obstacles,” said Frank. “However, employees at Cabela's are supported with a clean and private space to express their breastmilk along with appropriate storage and hygiene facilities. These simple accommodations go a long way in helping employees feel supported with their breastfeeding efforts. These efforts paired with the state and federal lactation laws around breaks to express breastmilk for two-years following the birth of a child are helping many families meet and exceed their breastfeeding goals.”

Management at Cabela's believes supporting employees who are breastfeeding is important to ensuring the long-term satisfaction of their work force.

"We are a family ourselves and families should take care of each other and having the privacy to be able to perform that for your child is just very important," said Keith Elward, General Manager at the Union Gap Cabela's. "I feel that to not do it really takes away from the importance of building lasting relationships with the people who work for you."

While Cabela's was chosen for the award, Yakima Valley Farm Workers Clinic would also like to recognize the other local businesses that were nominated for their support:

- Costco
- A La Mode Salon
- Creekside Dental
- Legacy Fruit, LLC
- Hapo Credit Union
- Department of Children, Youth, & Families
- Perry Technical Institute
- Consumer direct
- Astria Health

The award is presented locally each year as part of World Breastfeeding Week, which took place Aug. 1-7 this year.

Yakima Valley Farm Workers Clinic: *a nonprofit 501(c)(3) organization that provides comprehensive medical, dental, behavioral health, and social services for more than 171, 000 people. We employ 1,651 full-time and part-time staff and 464 medical residents, dental residents, administrative fellows, students, and volunteers. Facilities: 65 unique service locations in Washington (Benton, Franklin, Spokane, Whitman, and Yakima counties) and Oregon (Clatsop, Marion, Multnomah, Umatilla, and Yamhill counties) Our Mission: Together we are dedicated to lead, with the courage to care, the determination to promote personal growth, and the compassion to champion the cause of those who have no voice. Visit: www.yvfwc.com*