

EATS ON FEETS™ PRESS KIT



Eats on Feets: Creating Ripples with
our Nipples since 2010.

OVERVIEW

Eats on Feets is a worldwide network that facilitates Facebook pages for parents, caretakers, legal guardians, 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 families can share their milk in an ethical manner.

Shell Walker Luttrell, a midwife from Phoenix, Arizona, started the original Eats on Feets page in July of 2010. She thought that “Eats on Feets” would be a fun and lighthearted name for the page. She 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 Luttrell, 1991.

Out of these words blossomed the network that we know today as Eats on Feets. In October of 2010, Eats on Feets became the first worldwide network of its kind on Facebook. We call the milksharing that happens on our network “community-based breastmilk sharing.”

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

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NETWORK

The network itself is based on life-positive design theories. Our goal is to facilitate access to breastmilk for all babies regardless of their caregiver's financial standing, insurance coverage, or access to a pediatrician or lactation consultant. Often these factors are impediments to infants receiving bio-appropriate nutrition.

Eats on Feets is dedicated to help remove socio-economic barriers so that families can have access to safe community-acquired donor milk. We do so by being aware of the specific needs of the families using our network, by not accepting bartering or payments, by representing all families on our network in the form of original graphics and images, and by intending to use inclusive language.

FAMOUS QUOTES & HASHTAGS

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

Connecting Breastmilk and Babies: A Perfect Match! ~ *Sally*

It's recycling in its highest form! ~ *Heidi*

From Informal to Informed - Eats on Feets, the Leading Resource for Safe Community Milksharing ~ *Maria*

Eats on Feets: Creating Ripples with our Nipples since 2010 ~ *Maria*

#MilksharingMonday ~ *Keri*

#MilksharingMyths ~ *Erin*

#FreezerStashFriday #FSF ~ *Admin*

#SafeMilkSharingSaturday #SMS ~ *Admin*

#ThirstyThursday #TT ~ *Admin*

#CreatingRipplesWithOurNipples ~ *Maria*

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#EOF10YearAnniversary ~*Maria*

ORGANIZATIONAL SETUP

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
- Pages are not to be used for self-promoting of businesses and organizations
- Pages are to use the EOF safety information available

Admins and mentors can:

- Have their own outreach and networking procedures
- Manage their own admins
- Manage their own applicants
- Use their own logos and timeline pictures
- Have their own way of handling requests and offers

Our admins are of diverse backgrounds. Prospective admins apply for their position via a thorough application that guides them through the main ins and outs of the network, safe milksharing, and Eats on Feets page management. New admins are guided by experienced mentors who help them navigate the intricacies of milksharing on our network in their page-specific groups.

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BIOGRAPHIES



Shell Walker Luttrell

Shell is a farmer and a Midwife who lives in Arizona with her husband, six children, numerous farm animals, and visiting wildlife of all species.



Maria Armstrong

Maria is a Lamaze Childbirth Educator and Doula serving the Portland, OR and Vancouver, WA Metro Areas. Maria has a keen eye for research, a strong affinity for personal agency as well as autonomy, and is a strong advocate for families wherever she finds herself.

There are many people who have been 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 mentors, admins, writers, technical support people, researchers, lactation professionals, and other professionals who have joined us in this endeavor.

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FAQ

Why choose Eats On Feets?

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 the harassment-free, commerce-free, ethical arrangement of milksharing. 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.

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

Is milksharing safe?

There are always risks associated with feeding a baby breastmilk outside of the closed bio-system of the parent-child. Milksharing 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 situations. Precautions may include thorough donor screening, and at-home pasteurization of donor milk, as well as the screening of the recipient family.

What are the risks?

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

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Who needs donated breastmilk?

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 donor milk, including but not limited to: the death of a lactating parent, adoption, foster care, guardian care, low milk production, no milk production, or the health of the lactating parent. Eats on Feets does not endorse any order of priority for the sharing of breastmilk with babies and young children.

What does Eats On Feets NOT do?

- Support or approve of the selling of breastmilk on our network
- Match donors and recipients
- Keep track of matches being made on our page
- Collect user data
- Provide medical advice or clinical care
- Screen donors or recipients
- Provide contracts or questionnaires
- Decide who should receive breastmilk
- Collect, store or distribute breastmilk
- 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 donors to try to increase their supply in order to donate or receive milk

What are our goals at EOF?

- Researching methodologies that 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

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OUTREACH

Eats on Feets admins have been invited to provide community education in the form of presentations at local breastfeeding organizations and parenting groups. Our admins have set up booths at fairs.

Admins have planned social gatherings in community and birth centers, as well as in parks.

They have created items like T-shirts and magnets to hand out.

Our website offers original multimedia documents and info cards for download. Other ways to get involved are outlined on our website. All of these are free offerings from each individual admin team for their local communities.

Our graphics team creates original graphics that convey safety information, page guidelines, and messages to thank, support, and engage our donors and recipient families.

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ORIGINAL MULTIMEDIA

[Download graphics for media publication.](#)



2020 babies

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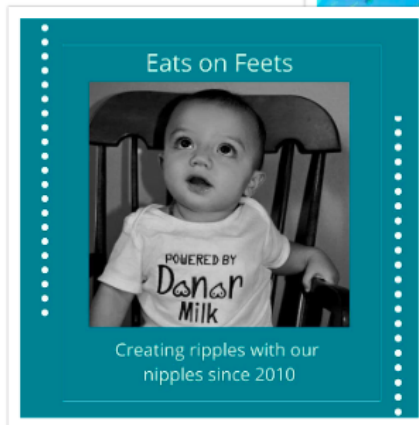
Our ten-year anniversary graphics

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2010 First gathering



Our Impact

We thrive 2020

Original Video

 Breastmilk Shipping with Dry Ice

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CONTACTS

Shell Walker Luttrell, Founder
shell.luttrell@gmail.com

Maria Armstrong, Administrator
agapedoulamaria@gmail.com

Michael Luttrell, Webmaster
michael.luttrell@gmail.com

LINKS

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