So you're a donor, now what?

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The milk bank's role:

Your milk arrives at the milk bank

Small samples are tested for nutrition and bacteria

We calculate the calories in your milk

We combine your milk with others to make super-milk

We heat it to remove bacteria and viruses

Tiny, sick babies drink your milk to grow and heal!

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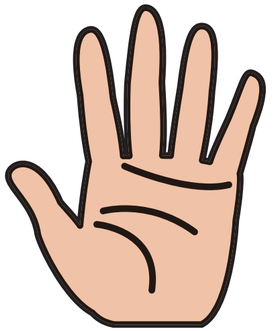
Your role

You have the most important job of all: **making milk!**

Supply + demand

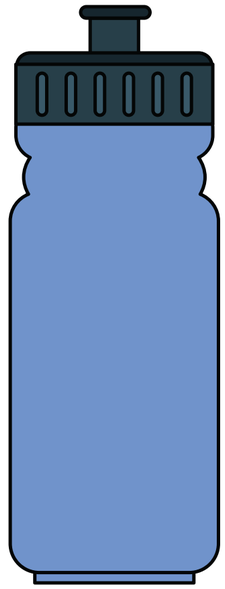
You don’t need anything fancy to make milk if you remember the basic rule of **supply** and **demand**: your body will keep supplying you with milk if you demand it through:

Pumping



Hand expressing

Staying hydrated and fed will help too! When in doubt, remember:



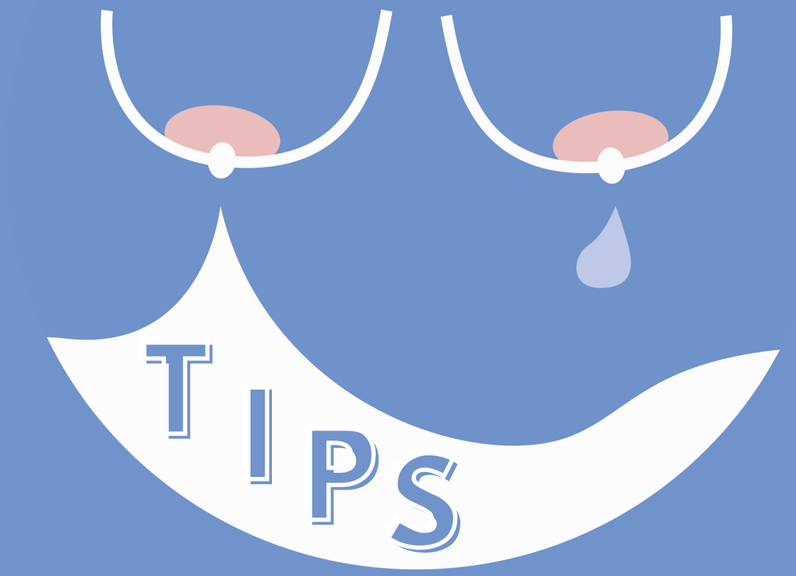
Pump

1

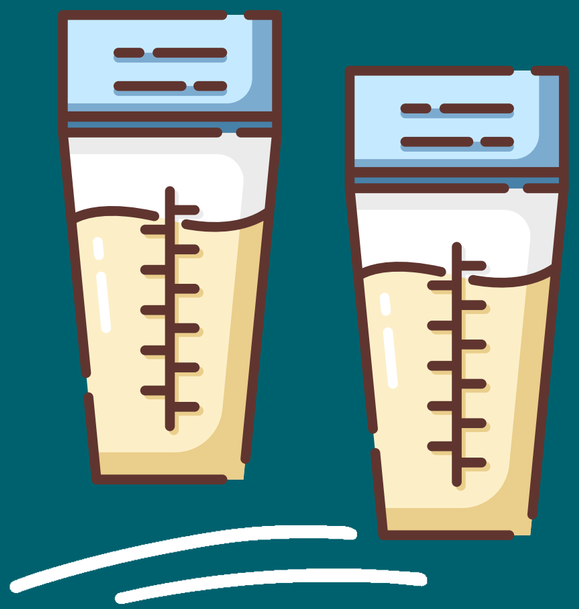
Before each pumping session, wash your hands with soap and warm water and dry them with a clean towel

2

Give your nipples and breast a gentle wipe with a damp washcloth, particularly if they have any cream or oil on them



Wipe from the nipple outward, because your nipples have lots of little entry points where bacteria can get into your body



3

Store your milk in any sterile container

- Use our free pre-sterilized plastic cups (pick them up at collection sites or the milk bank)
- Or boil any food-grade hard plastic or glass container in a pinch
- Milk storage bags of any brand are ok too, but they’re prone to leaking so seal them up TIGHT and check for holes
- Leave 1” at the top of the container for the milk to expand as it freezes

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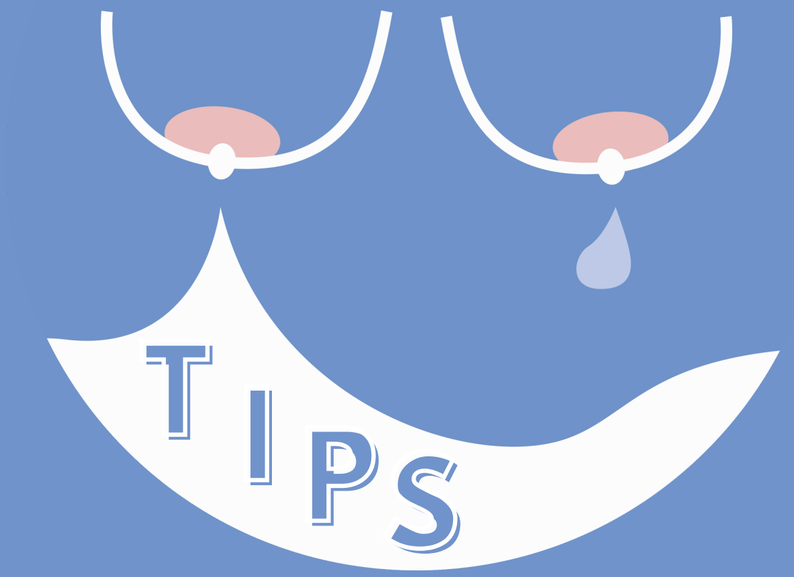
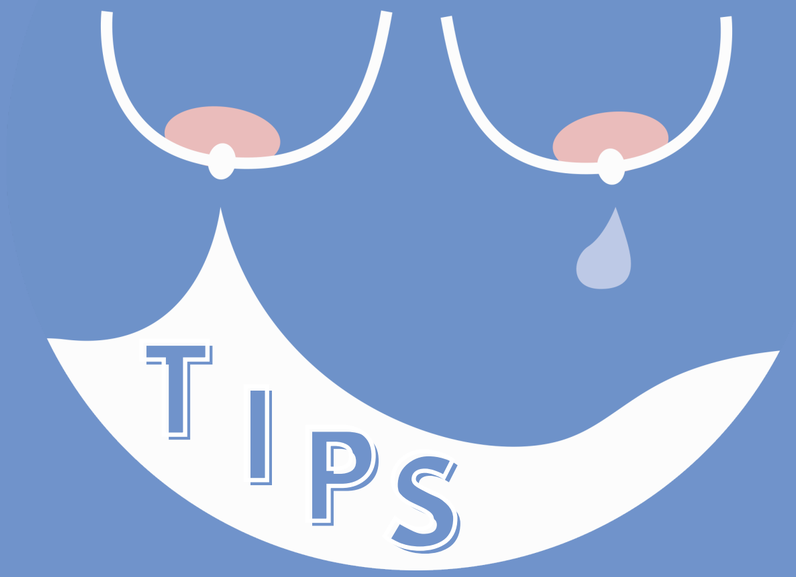
Babies with tiny stomachs need high-calorie meals!



Tips to increase calories in your pumped milk

If you're also nursing, pump after a feed

Or if you pump from a full breast, pump until you "empty" the breast so you're getting both foremilk and hindmilk

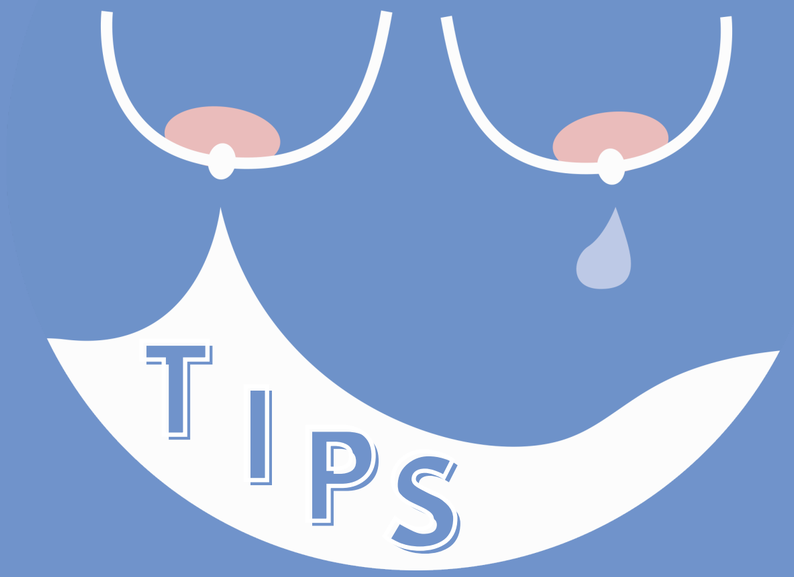


Tips to increase calories in your pumped milk

Massage your breasts gently before and during pumping to stimulate your letdown reflex and release fat right away

(especially helpful if you're squeezing in a quick pumping session)

🙌



Tips to increase calories in your pumped milk

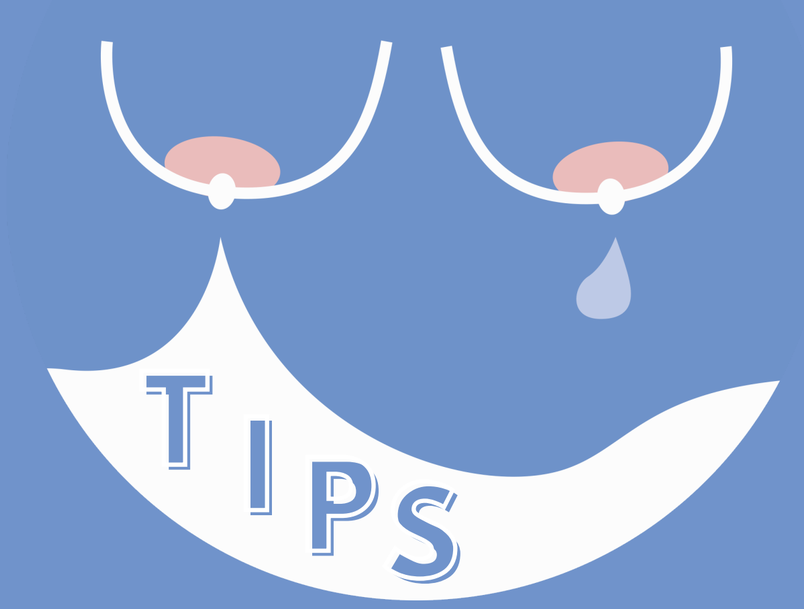
Relax: close your eyes, do a meditation exercise, or zone out by watching a favorite show. Your body may respond by stimulating your letdown reflex (which gets milk flowing)

4

Clean your pump!

Wash, rinse and sterilize any pump parts that touch your breast or your milk

Do this once per day, every day



If you pump multiple times a day, simply rinse the parts between sessions and then clean and sterilize them at night

To really slow down bacteria growth, throw your rinsed parts in a plastic bag and store it in a fridge between sessions

Label

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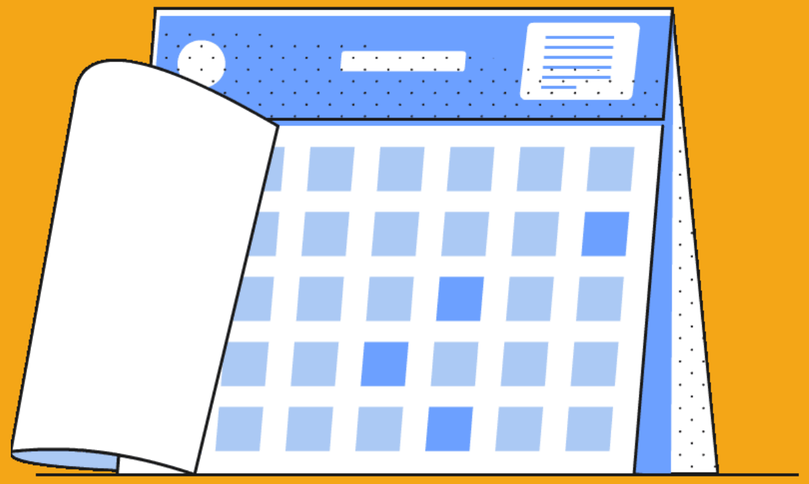

1

Write your pump date on each container with permanent marker

2

Clearly label any milk that can't be donated

- For example, some donors put a big red X on containers of milk pumped in the first 6 hours after drinking alcohol. That X will remind you to keep that milk at home, and not donate it to us

- The same goes for milk pumped on a day you took medication. Always check with us before donating milk from those days

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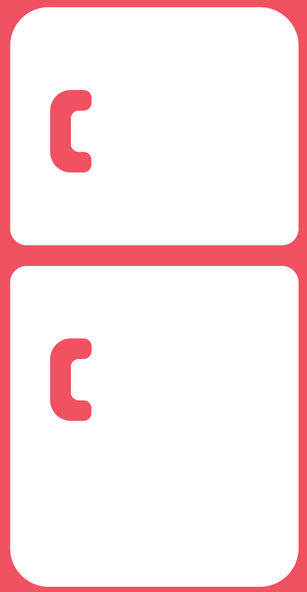
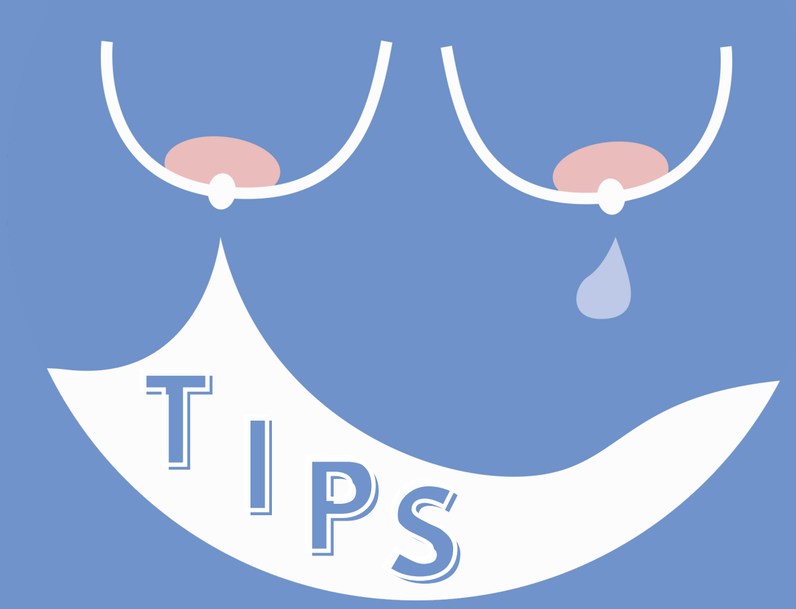
Freeze



1

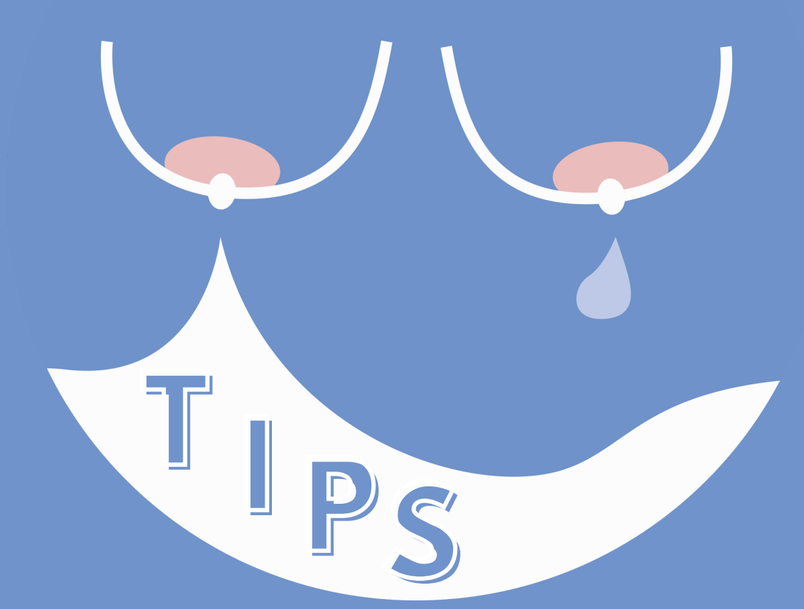
Refrigerate your freshly-pumped milk right away

(in the first half hour if you can!)



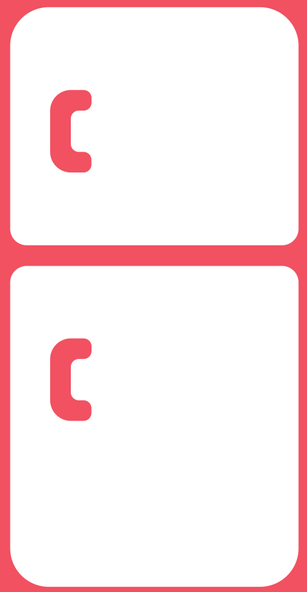
Didn't fill up your container?

Refrigerate new milk first before combining it



You can add fresh milk to frozen milk:

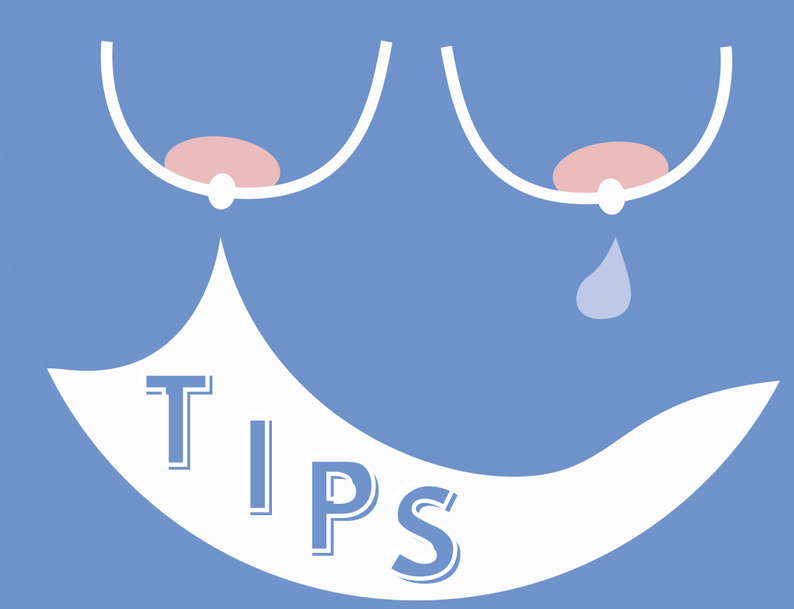
Chill your fresh milk in the fridge for at least 30 minutes, then pour the chilled milk on top of your frozen milk



2

Once your milk is frozen, keep it frozen

Don’t donate any milk that was fully thawed after being frozen



Never heat your milk

No boiled, scalded, warmed, or thawed milk can be donated

Donate

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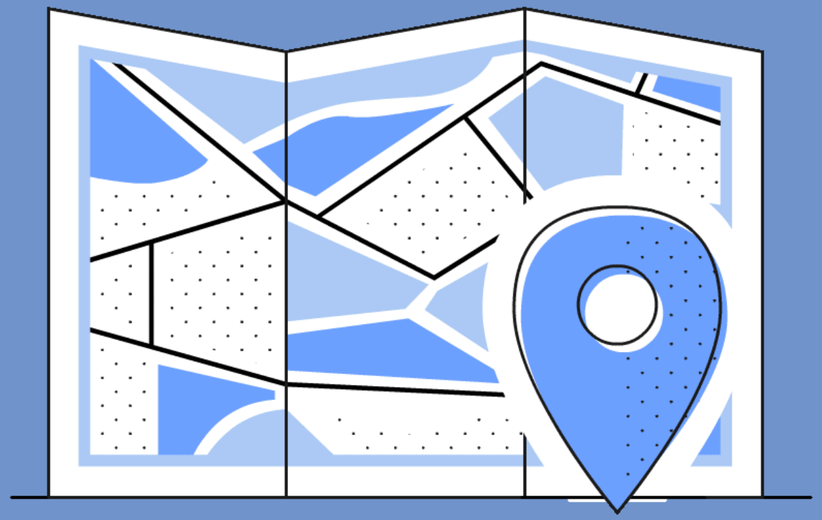


1

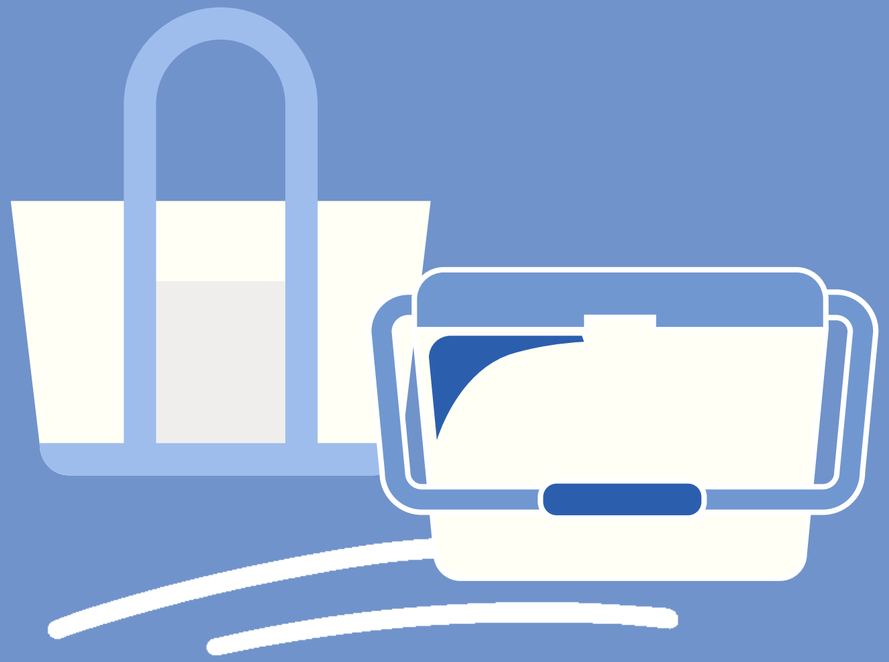
MILK COLLECTION SITE

Bring your milk to the milk bank or one of our 50+ collection sites. Locations and hours are listed on our website

1

SHIP YOUR MILK

Or if you don't live close to a collection site, we'll send you instructions for shipping your milk in 200 ounce boxes



2

MILK COLLECTION SITE

Keep your milk frozen on the ride by hiding it in a cooler or tote bag out of the sun

No need to add ice if you're heading straight there

2

MILK COLLECTION SITE

When you get to the collection site, follow their instructions for dropping off your milk

Staff at collection sites are volunteers, so please excuse any little bumps along the way

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3

Label everything

- Most donors put their frozen milk in plastic grocery bags for drop off
- Write your ID# and name on the outside of each bag and also on a piece of paper inside the bag

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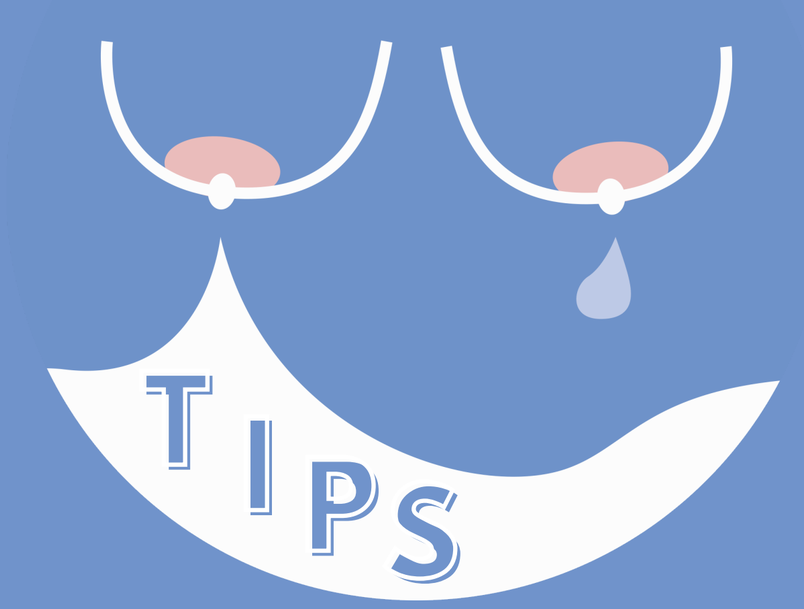
4

Grab some FREE 4 oz storage cups while you're dropping off your milk

These are our gift to you, and we keep our collection sites stocked up!



Donate within 8 months of pumping

We can't take any milk that's older than 8 months

Remember:

Thank you!

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