

So you're a milk
donor, now
what?



The milk bank's role:

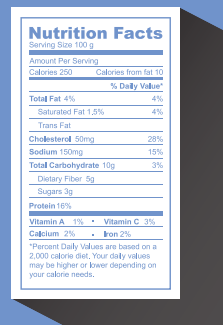
Wow!



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!

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:

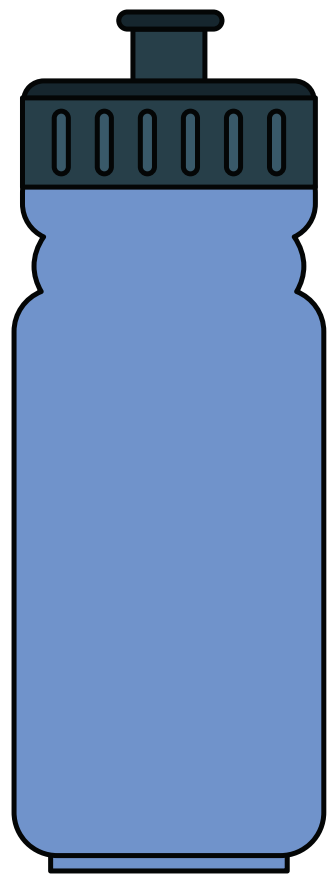


Pumping



Hand expressing

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



Pump





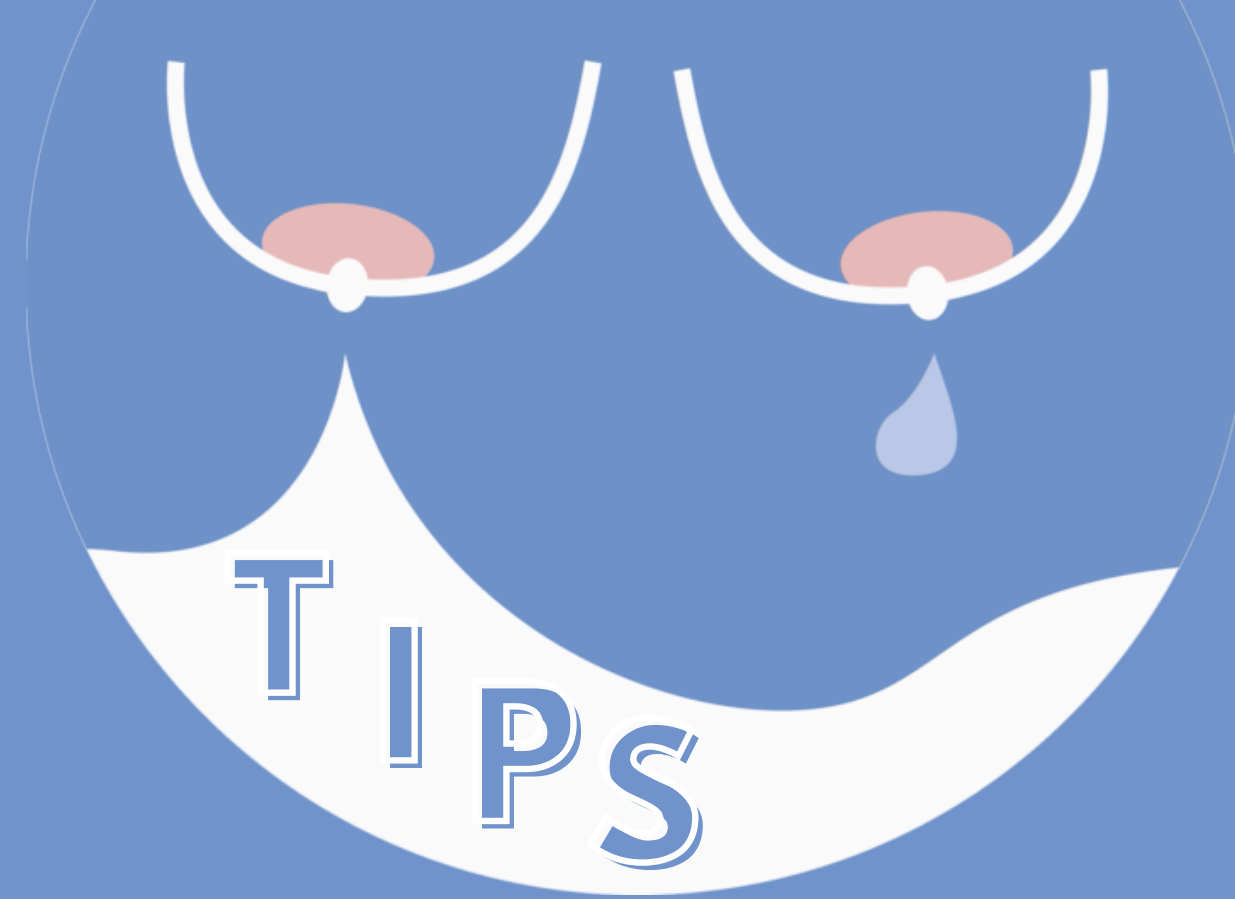
1

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

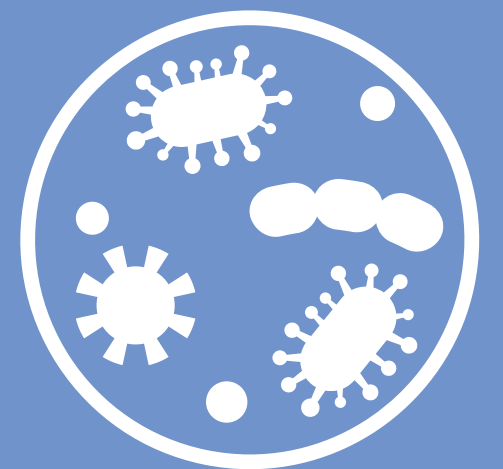
2

**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

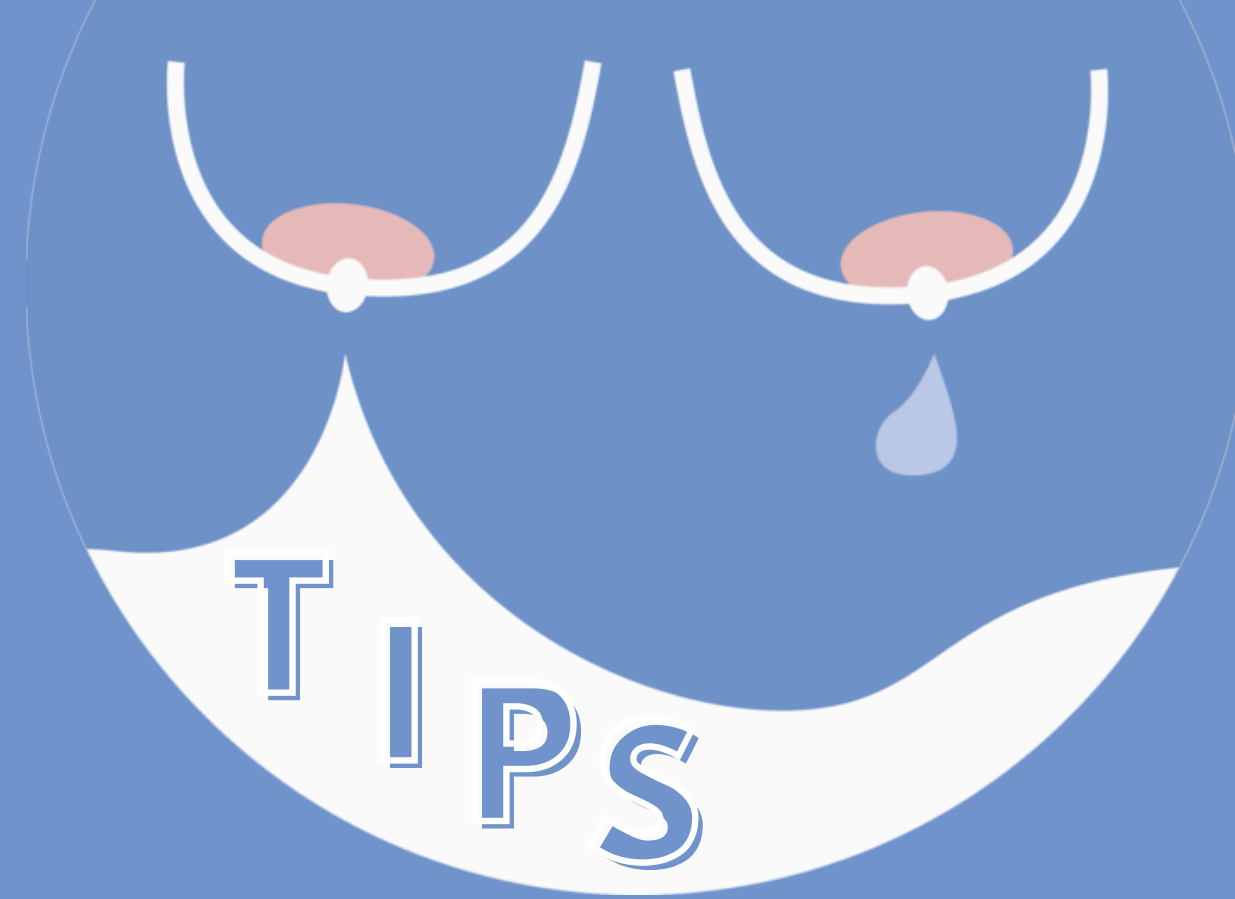
Store your milk in any sterile container



- Use our free milk bags (pick them up at collection sites or the milk bank)
- Or boil any food-grade hard plastic or glass container for several minutes
- Milk storage bags of any brand are ok too, but some are 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

**Babies with tiny
stomachs
need high-calorie meals!**



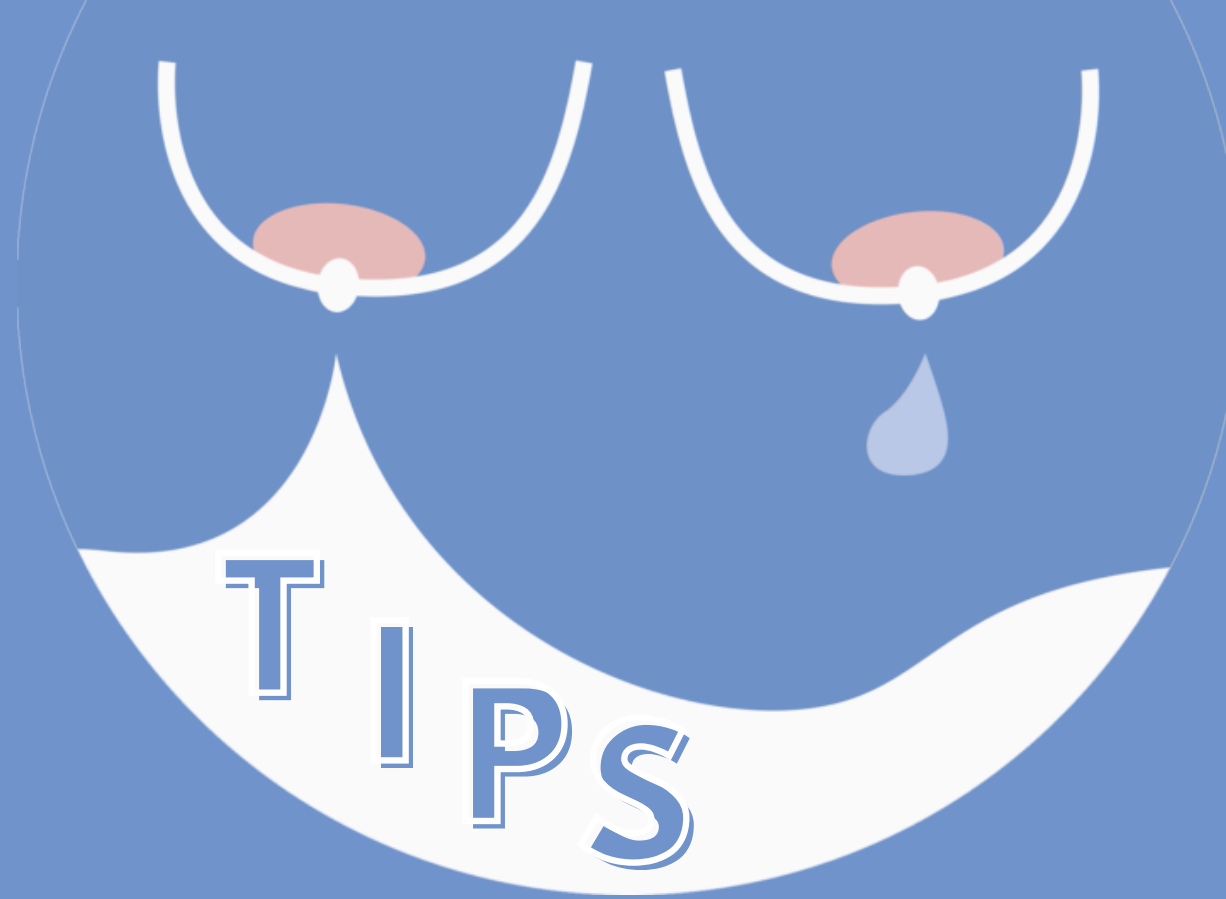


Tips to increase calories in your pumped milk

If you're also directly breastfeeding, 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



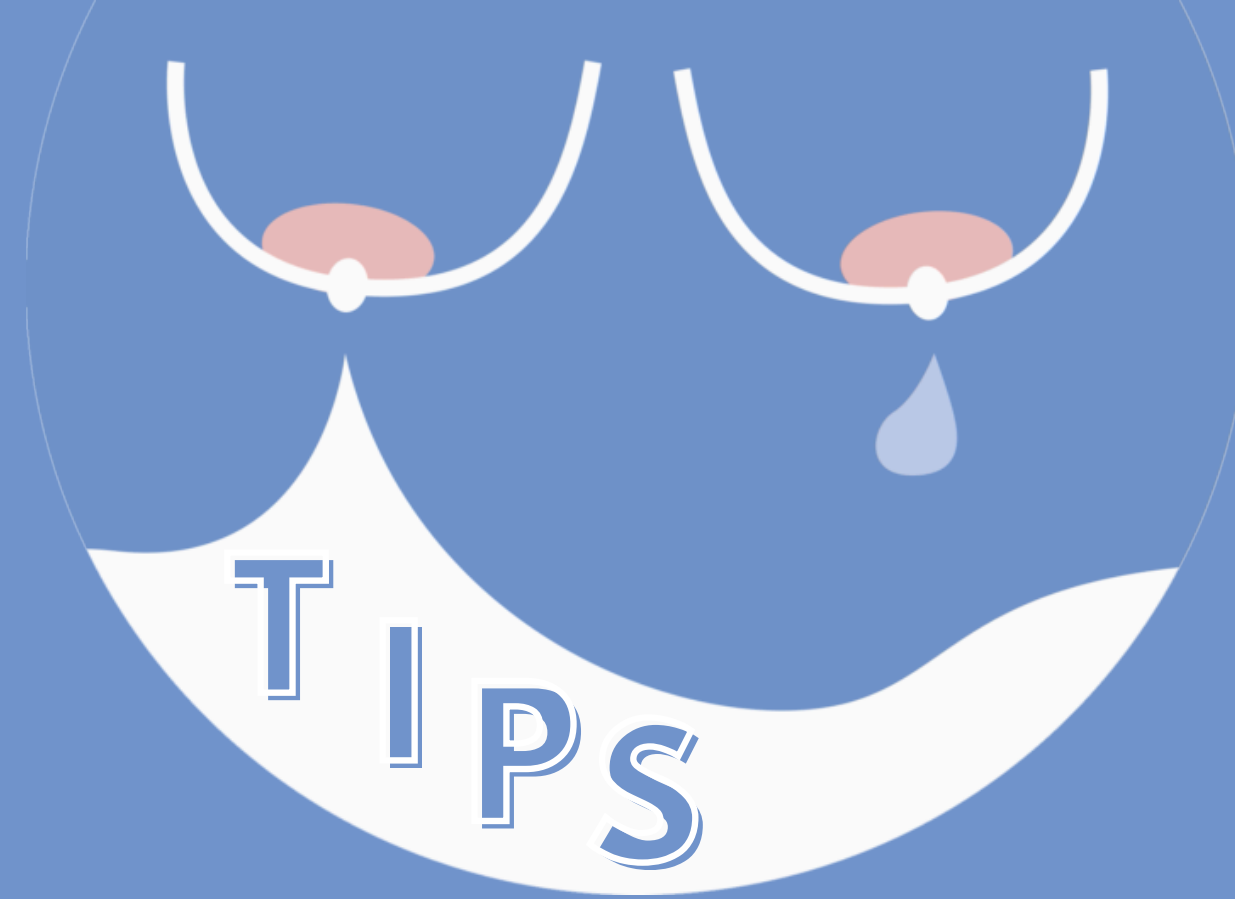


Tips to increase calories in your pumped milk

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)



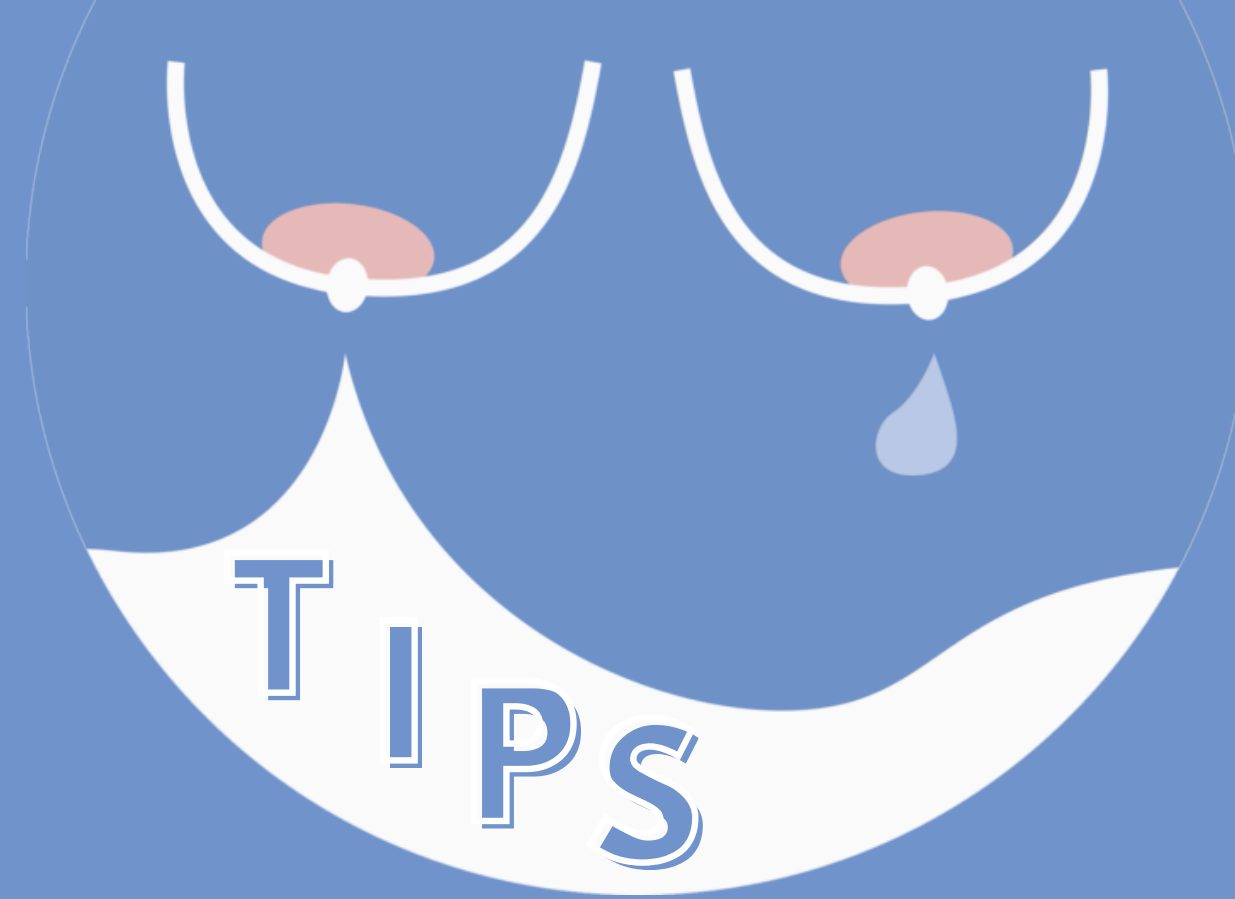


4

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

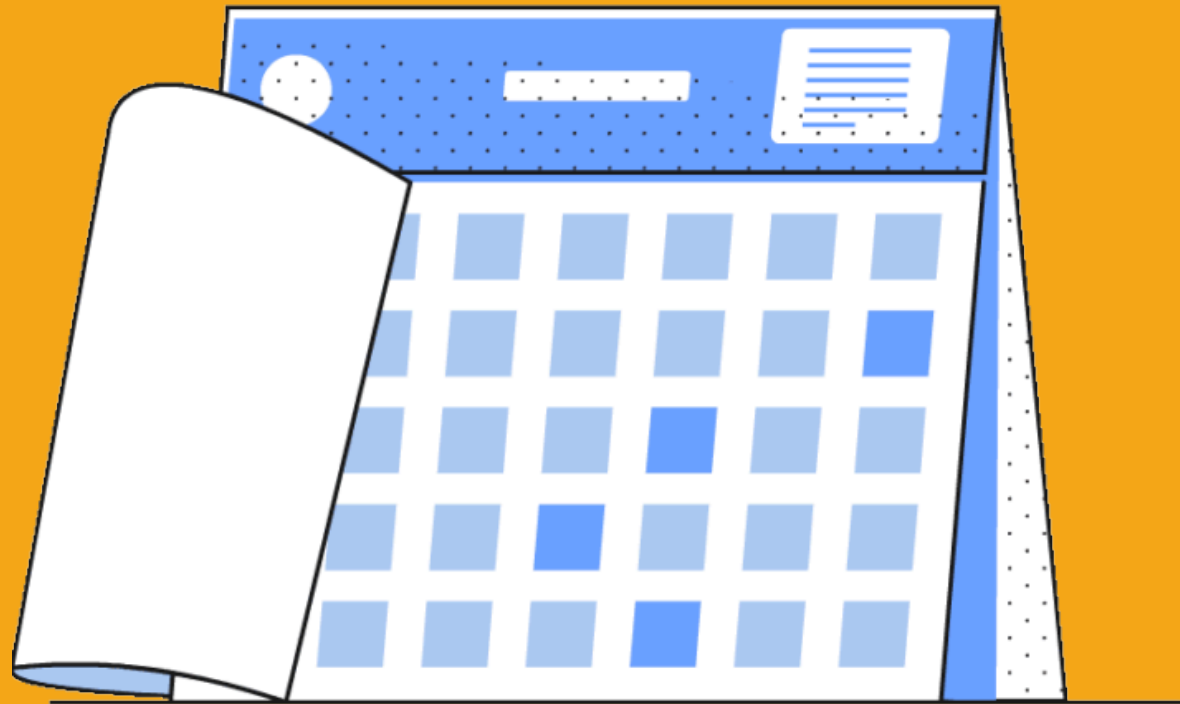
To really slow down bacteria growth, throw your rinsed parts in a plastic bag and store it in a fridge between sessions

Label



1

Write your pump date on each container with permanent marker. If storing milk from more than one pump session in the same container, label with all the dates



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

Freeze

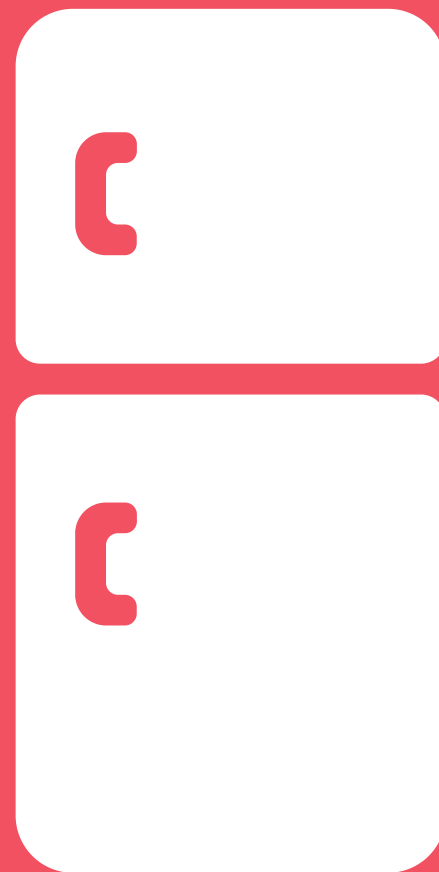


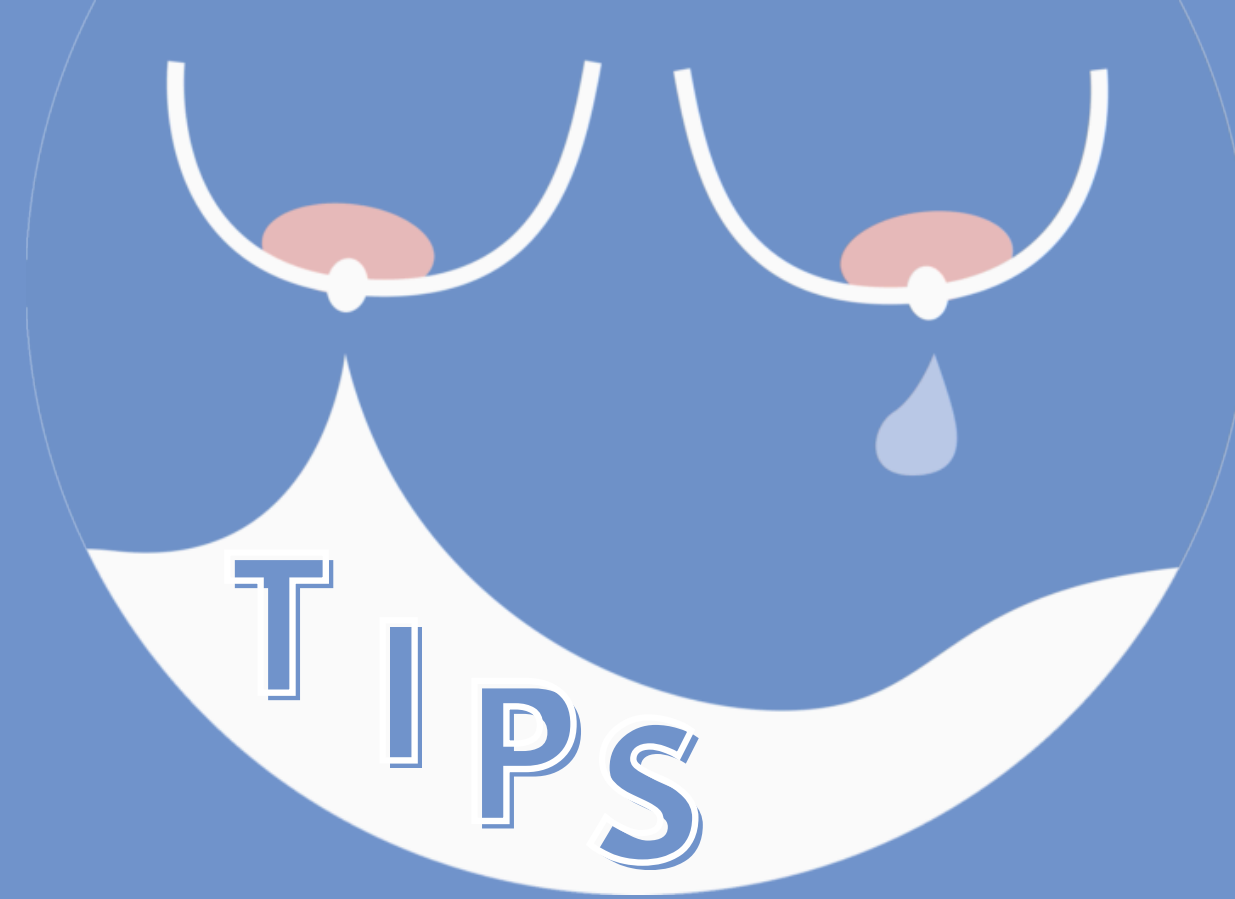


1

Refrigerate your freshly-pumped milk right away

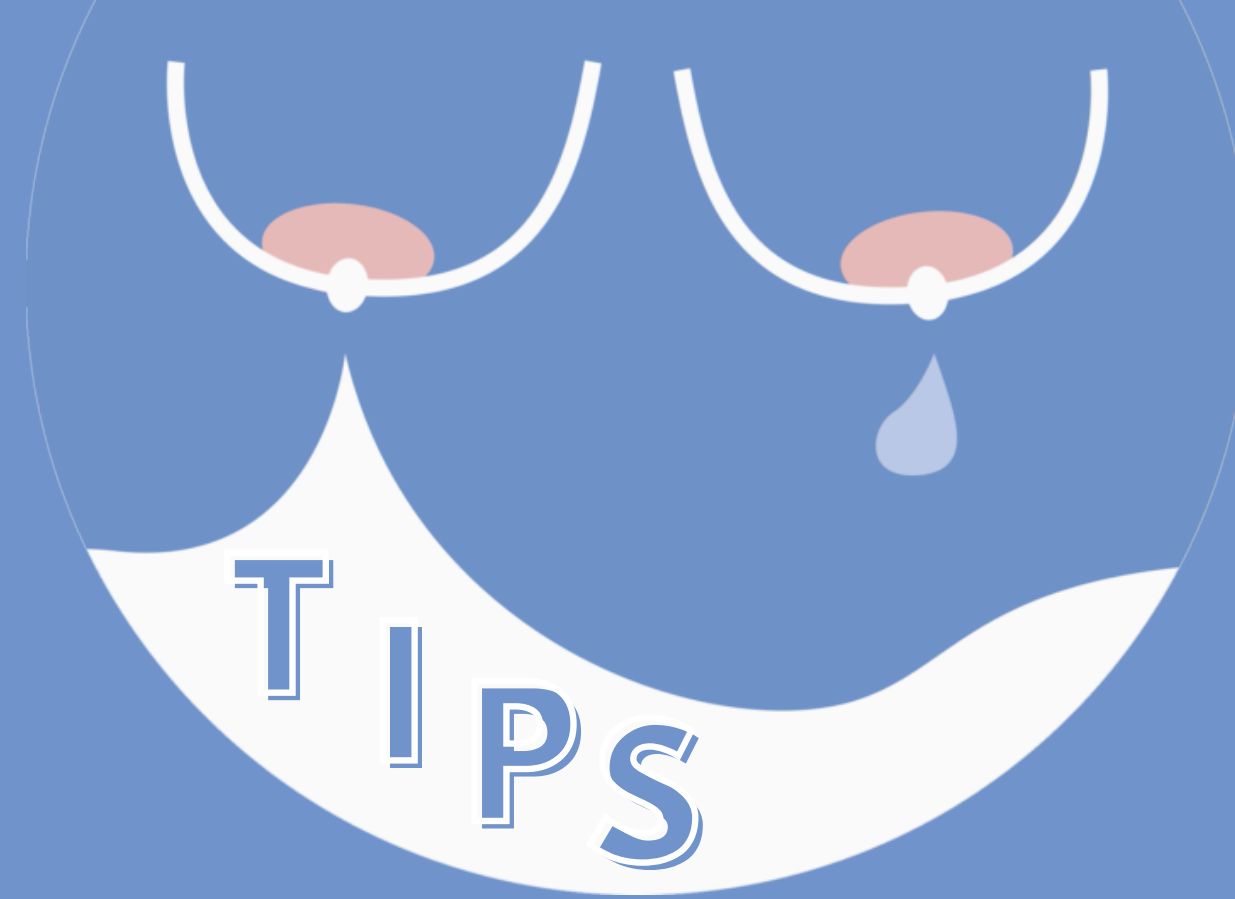
(in the first half hour if you can!)





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**

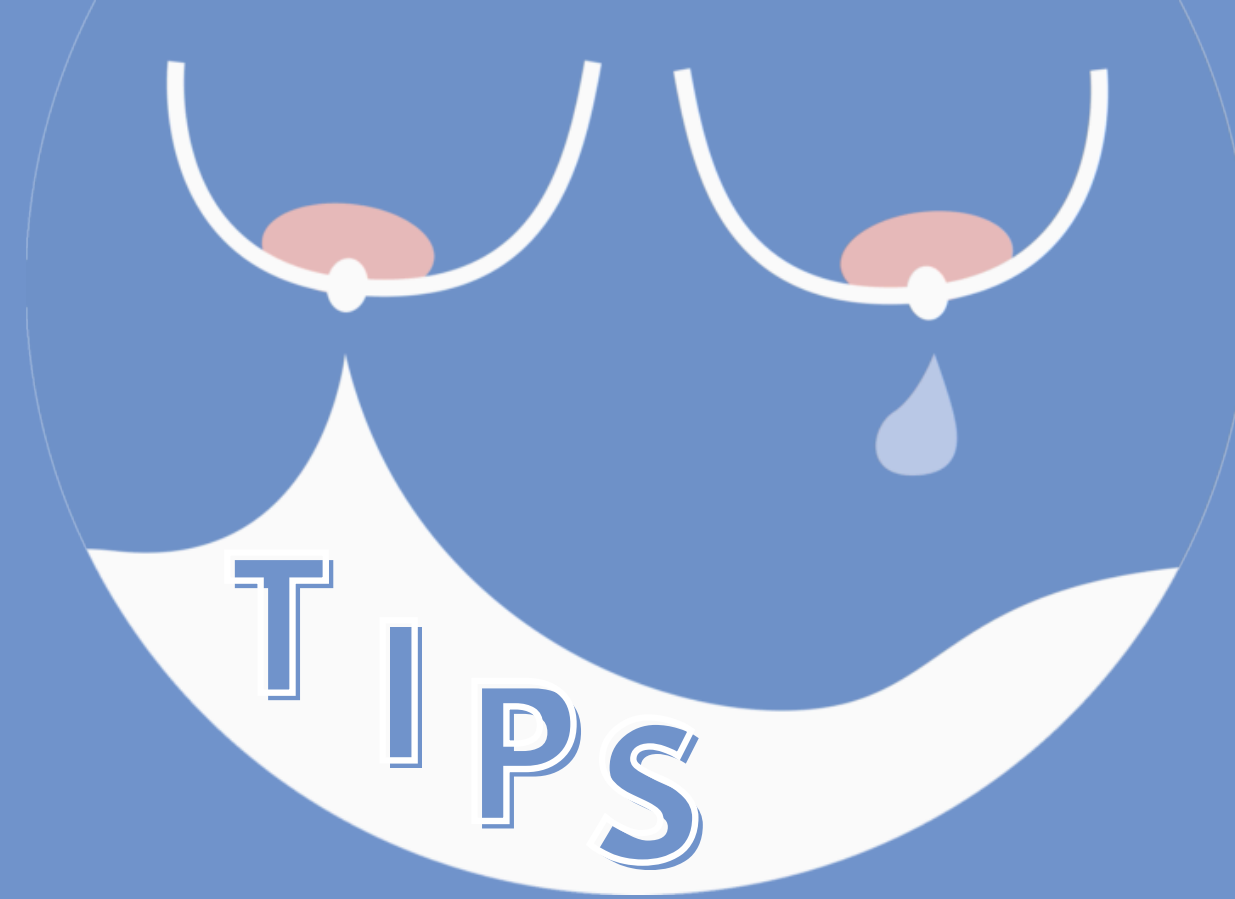


2

**Once your milk is frozen,
keep it frozen**

**Don't donate any milk that
was thawed after being
frozen**





Never heat your milk

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

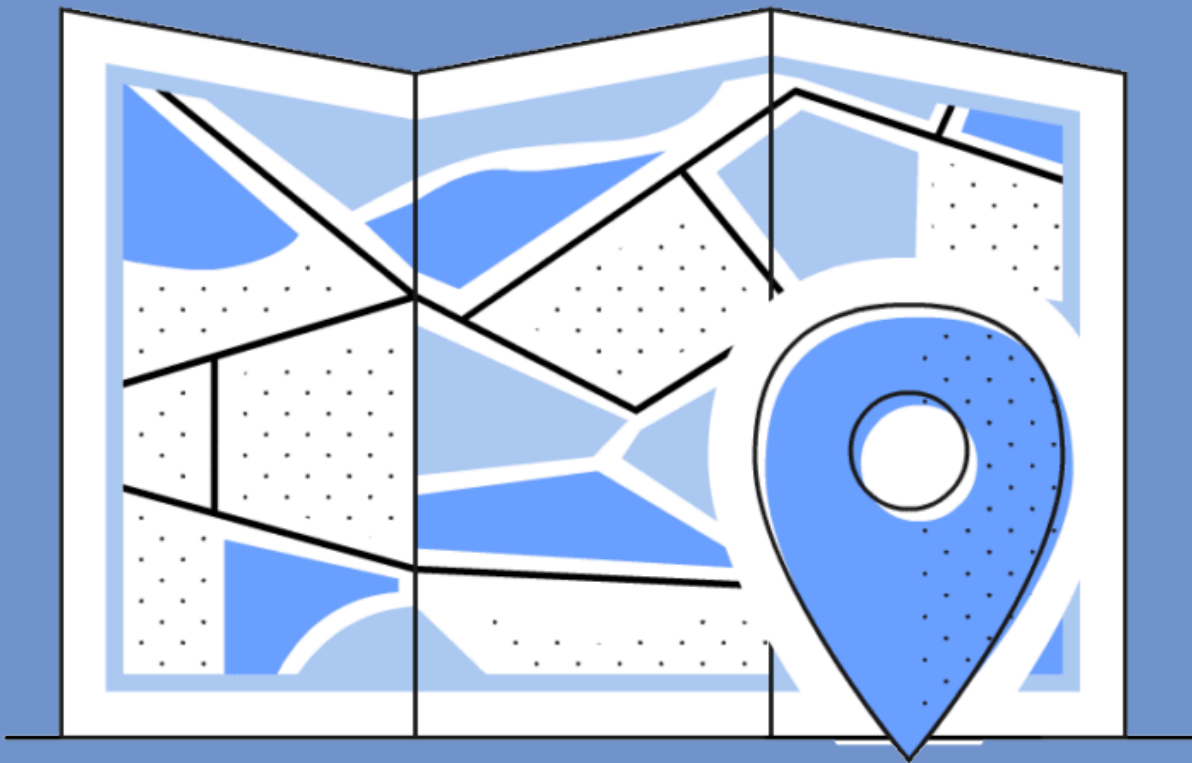
Donate



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

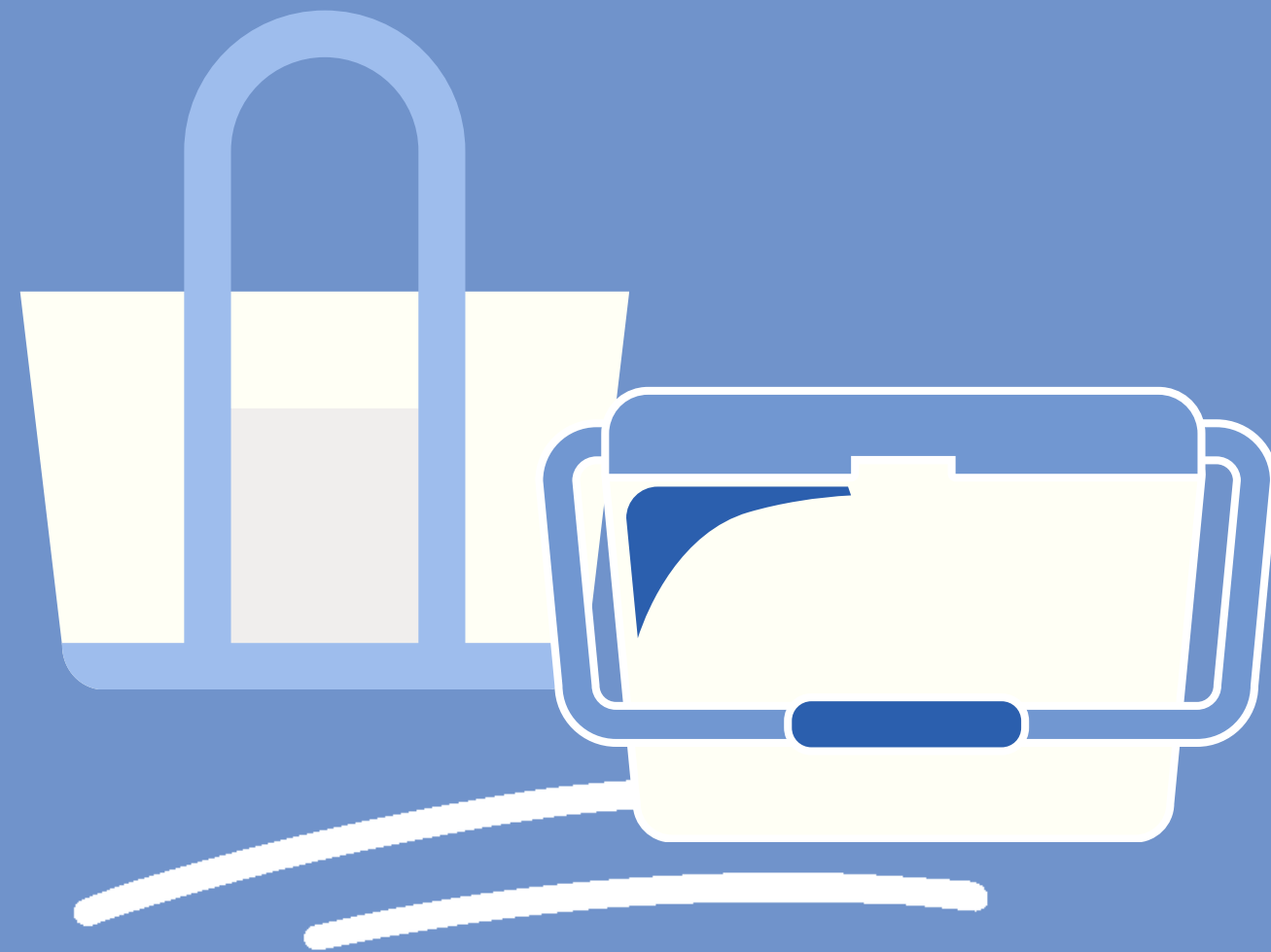


2

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**

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 grocery bag and also on a piece of paper inside the bag

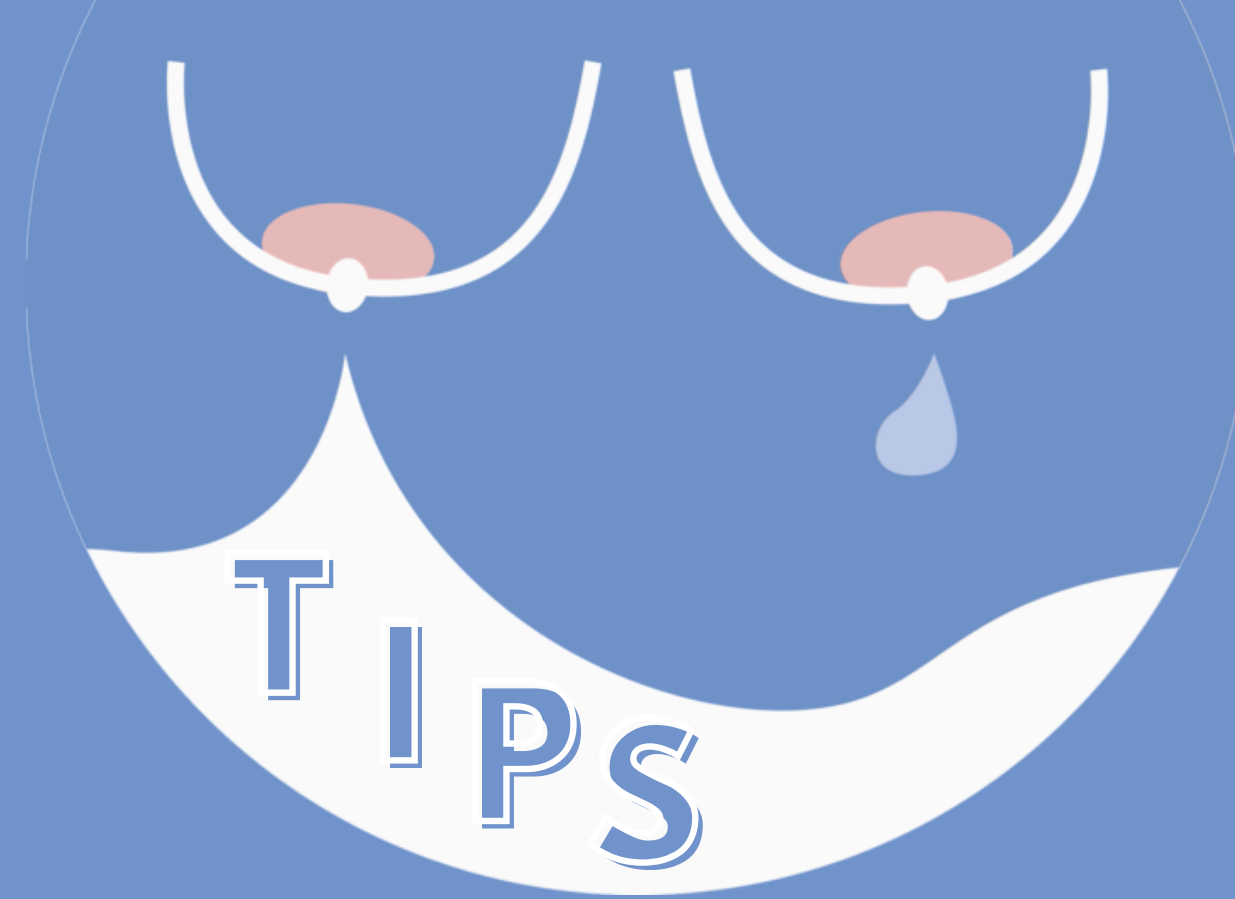


4



**Grab some FREE storage bags
while you're dropping off your
milk**

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



**Donate within 8 months
of pumping**

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

Remember:



Thank
you!

