



the
**MILK DONOR'S
GUIDE**



**DONATING
MILK**

*Best Practices for Expressing,
Handling, Storing, and Transporting
Donor Human Milk*



THANK YOU

DEAR **MILK DONOR**,

Welcome to the family! We are beyond grateful for your generosity and dedication as a new Northwest Mothers Milk Bank milk donor.


Because of you, fragile babies across the Pacific Northwest are getting the best possible start in life, and that's pretty amazing.

Every ounce of milk you share makes a real difference, and we couldn't do this work without incredible donors like you.

Thank you for being part of this lifesaving mission! ♥

~ THE **NW MOTHERS MILK BANK TEAM**

SANITATION

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- **Wash your hands** before expressing/ pumping your milk.
 - There is no need to wash breasts unless removing excess creams/ ointments.
 - **Pump into a clean container.**
 - **Avoid touching the inside of your milk storage containers** and the underside of lids.
 - **Fill containers 3/4 full** to allow for expansion with freezing.

STORAGE & LABELING

STORAGE

- **Freeze your milk** ASAP after pumping.
 - Unfrozen milk can stay at room temp for up to 4 hours before re-

refrigerating or freezing.

- Milk for donation can be stored in a refrigerator for 4 days before it must be frozen.
- You may combine milk from multiple pumping sessions; label combined milk with the full date range.
 - Refrigerate freshly pumped milk before combining it with previously chilled milk.
- **Store milk** in a deep freezer or at the back of your freezer, away from temperature changes.
- **Check your freezer temperature** regularly and keep the door closed, especially during power outages (milk stays frozen for up to 24 hours).

LABELING

- **Label your container(s)** with the pump date(s) and donor number, if available.

NOTE: You do not need to relabel previously frozen milk that you wish to donate.



IMPORTANT

- We **cannot** accept milk in glass containers or ice cube trays.
- We **cannot** accept milk that has been heat-treated in any way (i.e. warmed, scalded, boiled, etc.).



TRANSPORT & SHIPPING

TRANSPORTING MILK TO A MILK BANK

Find your local **NWMMB Milk Drop** and call ahead if they require an appointment.

- **Tightly pack frozen milk** in a bag or ice chest to keep it cold. For trips over 40 minutes, add ice packs.
- **Milk Drop staff will bag your donation** along with your Illness, Medication, & Travel Update (IMTU) form, store it, and prepare for transport to NWMMB.
 - Remember to scan the QR code at the Milk Drop site to let us know your milk has been dropped off.

NOTE: We will send you an email when your milk arrives at the milk bank.

SHIPPING MILK VIA MAIL

Don't have access to a NWMMB Milk Drop? Are you outside of the greater Portland or SW Washington areas? No biggie! You can ship your milk to us for free using one of our insulated shipping boxes.

- **You will receive shipping instructions** that detail how to pack, seal, and ship your donation. Please refer to that document when you are ready to send your donation.

NOTE: We will send you an email when your milk arrives at the milk bank.



IMPORTANT

- **Always include a new Illness, Medication, and Travel Update (IMTU) form** every time you make a donation, even if nothing has changed with your health history.

Hi, I'm Millie the Milk Drop!
Thank you for being a NWMMB
milk donor ♡

