Milk Depot: Benefits to Donor Milk Program

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How does a Milk Depot enhance a Donor Milk program?
• 24 HMBANA milk banks, facing increasing demands on limited supplies of donated human milk
  – Run out at times, have to get donor milk from a bank further away

How is donor milk used?
• Provides critical nutrition for NICU babies
• Supports mothers meeting their breastfeeding goals
  – Babies receiving donor human milk are still “exclusively breastfed”.
• Acts as a “Bridge” for typical newborns needing supplementation for moms exclusively breastfeeding

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• The need for an abundant human milk supply for NICU and typical newborns is here. Now.
  – 7000+ babies in NICU alone in MN – they need human milk
  – Growing body of evidence demonstrating the short and long term benefits of exclusively feeding human milk for all newborns
Milk Depots Grow Community and Create Culture Change

• Families of babies receiving donor milk are filled with gratitude for this mother-to-mother gift
• Mothers talk with other mothers about how their baby benefited from donor milk
• Moms with extra milk want to help other moms feed their babies.
• Moms whose babies received donor milk feel giving extra milk to a milk bank helps them “pay it forward”.
  – Even The Dads help out!

Donating milk normalizes use of pasteurized, banked milk

• Reduces stigma
• Less formula used in NICUs,
• The cycle continues – improving newborn outcomes, slowly but surely...

~Thank you~