

Your Extra Milk Can Save Lives





For medically fragile infants, breastmilk is more than a nutritional choice, it is a lifesaving intervention. Unfortunately, not all babies have access to their mothers' milk. With the support and service from mothers like you, Mothers' Milk Bank of Tennessee provides safe, pasteurized donor human milk to the most vulnerable babies.



Who can be a milk donor?

Our donors are healthy mothers who are in their first two years postpartum with extra milk to share. Many of our donors are exclusively pumping while others are collecting additional milk while nursing. To ensure the safety of pasteurized donor human milk, Mothers' Milk Bank of Tennessee follows screening, processing and dispensing guidelines established by the Human Milk Banking Association of North America.

What are the requirements?

-  An initial minimum donation of 100 ounces
-  Milk has remained frozen since collection and frozen for no longer than 8 months
-  Collected before the baby's second birthday
-  Bags/bottles clearly labeled with date including year

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What's the process?

1. Submit prescreening form
2. Schedule phone interview
3. Complete Donor Application
4. Obtain physician's consent
5. Blood test (covered by us)



**Get
Started
Today**

Once approved, you can drop off your donations to one of our Milk Drop Depots located near you. You may also ship your milk frozen to our facility in Murfreesboro, if needed. Don't worry, we will guide you through the process and cover the cost of shipping.

**Find a Milk
Drop
Depot
Near You**



How to Pump and Store Your Milk

1. Wash your hands thoroughly with soap and warm water. Dry with a clean towel.
2. Express or pump your milk into a sterile container or breastmilk storage bag.
3. Write your Donor ID number or your last name, and pump date, including the year, on each container or breastmilk storage bag.
4. Refrigerate or freeze your milk within 30 minutes of pumping. You may refrigerate your milk for up to 96 hours before freezing if you think that you may need it for your own baby.
5. Clean your pump. You must wash and rinse the pump parts that touch your breast or milk one time per day, every day that you use it. If you pump two or more times per day, simply wash with hot soapy water then thoroughly rinse between sessions. Sterilize pump parts following manufacturer's instructions and recommendations. Do not use wipes to clean.