



MNJOTS CIP 2018-2019

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## Got Milk?

MNWT Statewide Project/2018-2019 Buckets of Sunshine

Breast Milk for Babies / [www.breastmilkforbabies.org](http://www.breastmilkforbabies.org)

### Mission:



**Breastfeeding education**



**Human donor milk awareness**



**Milk Bank Fundraising**

### Current locations of milk depots:

1. North Memorial Medical Center, Robbinsdale, MN – 763-581-8340
2. Alexandria Clinic Alexandria, MN – 320-763-5123
3. Hudson Hospital & Clinic Birth Center, Hudson, WI – 715-531-6572
4. Park Nicollet Methodist Hospital, St. Louis Park, MN – 952-993-5124
5. Isanti County Public Health, Cambridge, MN – 847-262-5134

## THEIR GOAL IS TO ESTABLISH A MINNESOTA MILK BANK FOR BABIES

### What is a donor human milk bank?

Mothers who are breastfeeding often have extra breast milk. A milk bank is a facility which processes human donor milk for distribution to infants who need breast milk. The donated milk is gently pasteurized, tested for bacteria, frozen and then stored until it is shipped to health care facilities.

### What is the difference between a human donor milk bank and a milk depot?

A milk depot is a place where mothers can bring their extra milk to donate for other babies. The collected milk is transported to the milk bank for processing and distribution. Each human milk depot is affiliated with an established milk bank.

### Is breast milk safe?

Before milk is accepted, every donating mother is carefully screened by a phone interview, written application and blood tests.

### Why use donor milk?

Human milk is known to be the superior food for infants. Use of this milk is crucial in the care of preterm and sick infants. Research shows that preterm babies fed human donor milk have fewer infections, less severe complications, and shorter hospitalizations thus reuniting families sooner.

## Why does Minnesota need a non-profit milk bank?

Currently in the United States less than 50% of the states have an active milk bank. Since national directives encourage hospitals to provide donor milk and research shows the benefits of breast milk for all babies, it becomes even more important that Minnesota establishes a milk bank. Milk banks are having trouble keeping up with the increasing demand of milk and frequently run out.

### Support Breast Milk for Babies Chapter Project Ideas

- \*Help create “thank you” gift bags to honor the mothers when they donate their breast milk. We will be collecting items for the gift bags like Breast Milk storage bags (no Lansinoh they break too easily), Lip balm, small bottles of lotion, diaper rash ointment small tubes, sachets (no peppermint or sage scents) and nursing pads.
- \*Participation at community Birth and Baby Expos and events promoting both Breast Milk for Babies and MNWT. A calendar will be sent out.
- \*Fundraise to purchase a small freezer to be located at new milk depot. Approximately a 9 cubic ft. chest freezer is needed at each depot and cost is approximately \$300.00. Each freezer donated will have a plaque applied stating the freezer was donated by MNWT. MNWT representatives could be present at these milk depot openings which would include local TV and newspaper coverage, as well as social media announcements through Facebook and Twitter.
- \*Share your personal stories about Breast Feeding. The organization is always looking for testimonials/experiences.
- \*Search out a location in your community and partner with Breast Milk for Babies to start the process to get a milk depot set up!
- \*Hold a community/district/chapter Got Milk Shower with requests for items a Breast Feeding mother needs.
- \*Contact local Pediatric and OBGYN offices and ask if they have any donations or a contact.
- \*Host a night for new mom’s and hand out information about your chapter, MNWT & Breast Milk for Babies. Contact local fire dept. or police dept. to offer tips on children’s safety etc. Ask local Salon(s) for a free massage or service for a door prize.

### MNWT Fall State Project Fair Friday, September 28, 2018

Stop by the Breast Milk for Babies booth at Fall State Project Fair. Learn more about the organization, how you can help, drop off donations you may have or sign up for a future Expo event.

Final collection for this Buckets of Sunshine project is Winter State 2019.



### Ideas to encourage participation:

Bring an empty baby bottle to chapter/district meetings and have members fill with change from their purses. See how many you can fill.

Host a make and take using essential oils for body lotions or lip balms.

Have fun by asking chapter members to bring in their baby pictures! See if you can match the member to the photo!!

### Goals:

To raise \$1,500 to cover the cost of donating 5 Milk Depot freezers.

\$800 in value of items for the “thank you” gift bags either cash or in kind donations.

\$500 in service hours.