



## Breast Milk Resources

### Donations/Compensation

<https://www.hmbana.org/find-a-milk-bank/>

- **Human Milk Banking Association of North America:** This website provides a list of milk banks throughout the country. To donate, look at the list to determine which milk bank is closest or most convenient to you. Once determined, you can call the milk bank to speak with a staff member who will then guide you through the screening process. Once approved, you can drop off the milk to the milk bank or use overnight shipping at no cost to you.

**\*Please note: Your milk bank does not need to be in your home state, as many work regionally and/or nationally\***

<https://www.facebook.com/hm4hb/>

- **Human Milk 4 Human Babies:** This group provides global network of local peer-to-peer informal milk sharing. To donate, look at the map to determine which group works best for you (in the US, they're usually by state).

<https://www.eatsonfeets.org/>

- **Eats on Feets:** This is a volunteer-run, worldwide network that facilitates platforms for parents, caretakers, and professionals who have made the informed choice to share or support the sharing of human milk. Their platforms provide a commerce-free space where families can offer or request breastmilk in an ethical manner.

<https://www.prolacta.com/en/donors/become-a-donor/>

- **Prolacta Bioscience:** Prolacta Bioscience offers the choice of two milk banks, depending on what feels most comfortable for you. Tiny Treasures Milk Bank which compensates you \$1.20 per ounce for your time and effort. Premies Milk Bank is a milk donation program exclusively for surrogates which compensates you \$1.20 per ounce of your time and effort with a \*\*one-time \$300 stipend.
  - **Tiny Treasures Milk Bank:** <https://tinytreasuresmilkbank.com/donate-breast-milk>
    - **How do I get started?** To get started, you must complete an online application. The application includes a Consent (to donate) Agreement, as well as a Medical History Survey. It is approximately 80 questions and takes

# NEW YORK Surrogacy Center



about 20 minutes to complete. Once this is processed, you will receive an email with directions regarding next steps (approximately 5 business days after submitting the application). You will then need your medical provider to sign a confirmation indicating that you are healthy, and it is okay to donate excess milk. A donor test kit will then be sent to your house to test the temperature of the freezer in which you store your milk, vials for collecting blood samples (a blood screening will be arranged at a lab at no cost to you), and a DNA collection swab (this is to create an identity profile to ensure that the milk received from donors comes from those that have been screened). Prolacta will then provide you with breastmilk storage bags and instructions on how to collect, label, and store the milk, and will later provide instructions for packing and shipping. The entire qualification process can take about 4 to 5 weeks, so we encourage you to start this process shortly if you are interested in donating.

- **Preemies Milk Bank: Call 626-626-9697 or Email [PreemiesMB@prolacta.com](mailto:PreemiesMB@prolacta.com)**

PMB is a milk donation program exclusively for surrogates who are not providing breast milk to their intended parents. Donors can reside anywhere in the United States.

- **How do I get started?** Once you are 36 weeks along in your surrogacy pregnancy, you will need to submit a brief demographics form on their website or send an email to [preemiesmb@prolacta.com](mailto:preemiesmb@prolacta.com). Once you deliver, PMB will begin the qualification process. This consists of an online application of about 70 questions regarding your medical history and Consent (to donate) Agreement, which should take 20 minutes to complete. You would also need to provide medical confirmation signed and completed by your doctor indicating you are able to donate excess milk. PMB will send a thermometer to ensure that your freezer is cold enough to store milk for donation, DNA swab sample to ensure that milk donors have been thoroughly screened, and a blood draw with ExamOne. The entire application process can take about 4-5 weeks, so if you are interested, we greatly encourage you to start the application process as early as possible. Prolacta will provide you with milk storage bags and detailed instructions on how to collect, label, store, and later send instructions for packing and shipping milk for donation.

**\*\*Once approved and in addition to being compensated \$1.20 per ounce for your time and effort, donors will also receive a one-time stipend of \$300 for supplies such a pump, pump parts, or electric sanitizer dryer unit.**

### **Additional Information on Preemies Milk Bank:**

- [Preemies Milk Bank Brochure](#) or [MKT-0230 Rev-10 Preemies Milk Bank Brochure FINAL.pdf \(hubspotusercontent-na1.net\)](#)
- [Preemies Milk Bank Website](#) or <http://www.preemiesmilkbank.com/donate>

## **Shipping**

<https://www.milkstork.com/delivery-services>

- **Milkstork:** Milkstork is a breastmilk shipping company that provides products to help you package, refrigerate and ship your breast milk, and even provides real-time tracking of shipments. They have several different shipping options (prices vary) to accommodate your specific shipping needs (this should be discussed with your IPs).

<https://savethemilk.com/ship/>

- **Save The Milk:** Save The Milk is another milk shipping company that offers Shipping Kits (prices vary). You have two options for shipping kits based on the volume and/or weight you're shipping. The kits include ice sheets, the cooler and a shipping box.

<https://milkify.me/>

- **Milkify:** Milkify turns your breast milk into a long-lasting, nutrient-rich powder. You ship your breast milk to Milkify using their easy-to-use breast milk shipping kits, which include everything from a pre-paid shipping label to a medical-grade shipping cooler. The coolers are designed specifically for shipping frozen items. The specialized core material in the vacuum-sealed panels of these coolers keeps your milk frozen. The coolers are guaranteed to keep milk frozen while in transit (for 3-5 days, depending on size of cooler). No dry ice is needed. Milkify will provide you with a pre-paid FedEx Priority Overnight shipping label for shipping your milk to Milkify. Milkify's shipping rates are 60-70% off the advertised shipping rates from FedEx. The cost of shipping includes getting the cooler to you, return overnight shipping to the Milkify facility, and final shipping of your completed order. Milkify provides detailed packing and shipping instructions with every shipping kit. Once Milkify receives your breast milk, they use a freeze-drying process to turn your breast milk into a convenient powder while keeping all the vital nutrients intact. Once the process is complete, the breast milk powder is shelf-stable for 3 years without refrigeration.

[Cold Shipping for nursing working moms 1280541285.pdf \(fedex.com\)](#)

- **Fedex:** FedEx has their own temperature-controlled cold shipping packages that maintain a constant 2-8°C environment for up to 96 hours to safely refrigerate your breast milk from pickup through delivery. You can order your boxes at least 48 hours in advance and have

them shipped directly to you. When you're ready, load your sealed containers of breast milk into each box and push the button on the cooler engine to activate. No preconditioning is required. FedEx packages should be shipped via overnight mail.

- **UPS:** UPS doesn't have its own cold shipping packages, you'll have to prepare the shipment yourself using a Styrofoam cooler and dry ice. The amount of dry ice you'll need for your shipment varies depending on the size of the package you are sending and how long your shipment will be in transit. You'll also need packaging supplies like boxes, tape, labels and packing, heavy duty plastic bags, a thick-walled Styrofoam cooler, and gloves to safely handle the dry ice. UPS packages should be shipped via overnight mail.

## **Shipping Tips/Resources:**

**How to Ship Breast Milk:** <https://www.nebmedical.com/how-to-ship-breast-milk/>

**Shipping Breast Milk: Procedure, Cost and Tips to Follow:**

<https://www.momjunction.com/articles/breast-milk-shipping-when-how-to-do-it-cost-00733894/>

**Breastmilk Storage and Shipping Instructions:**

<https://med.stanford.edu/newborns/professional-education/breastfeeding/storage-and-shipping.html>

**Exclusively Pumping Surrogates Facebook Group (Surrogate must be 24+ weeks pregnant to be added to the group):**

<https://www.facebook.com/groups/ExclusivelyPumpingSurrogates>