



Human milk donation

Consider donating your extra human milk for babies in need

At M Health Fairview, we help new families get their children off to the healthiest start possible and strive for excellence in care with the best practices in infant feeding.

WE ALSO SEEK TO:

- Increase the nation's supply of donor milk for babies whose birth parents are unable to provide milk
- Promote safe milk sharing, preferably through milk banks
- Empower breastfeeding or chestfeeding families who have extra milk

WHY DONOR MILK?

Human milk — preferably a mother's or birth parent's own milk right from the breast or chest — has been shown to be the best way to feed a baby. It can also protect the baby from disease, improve brain development, and decrease the risk of disease well beyond infancy. Breastfeeding (some people call it chestfeeding or bodyfeeding) decreases the risks of certain diseases for the one who is feeding the baby and provides social, economic, and environmental benefits for the new family and society. Pasteurized donor human milk is the next best option if a parent's own milk is not available or needs to be supplemented.

THE DONATION PROCESS

Milk banks require that those who wish to donate milk go through a screening process that includes a review of their medical history, questions about their health, and blood tests. Once approved, donors can bring their extra frozen milk to our hospitals in Minneapolis, Princeton, Edina, or Woodbury. The milk is picked up by the local milk bank, mixed with milk from several other donors, pasteurized (heat treated), tested for bacteria, refrozen, and sold to hospitals for babies who are premature, severely ill, or not getting enough milk from their own breastfeeding or chestfeeding parent. If there is enough donor milk available, our Fairview Specialty and Mail Service Pharmacy also sells donor milk to breastfeeding or chestfeeding families who need a small supply to bridge the gap until they have more of their own milk.

CONTACT US

For more information about becoming a milk donor, email milkbank@fairview.org or call 612-672-4122.

For information about getting donor milk for your own baby, call 612-672-5237.

"I'm grateful to have found a way to acknowledge the life-saving liver donation that my son received by passing on a life-sustaining gift of my own."

- Angie, parent of a NICU patient and milk bank donor

"Knowing that each and every ounce of my milk goes to help sick, preterm, or needy infants is the greatest feeling ever. My daughter was solely breastfed, so every time I pumped, instead of throwing it down the drain, I just bagged it up to be donated."

- Paula, milk bank donor

"The American Academy of Pediatrics, the World Health Organization, and UNICEF agree that human milk is the best nutrition for infants. We're excited that we can promote milk banking to offer a source of nutrition that is especially needed by premature and critically ill infants."

- Michael Georgieff, MD
Director, Division of Neonatology
University of Minnesota