

Milk Banks

Milk banks are organizations and locations where human milk is stored for parents of premature babies or babies with severe illnesses who would greatly benefit from its use. All of the milk is donated and anyone may donate their milk by first applying and your milk will then be tested to be sure that it is safe for infants' consumption. As long as you are in good health and are willing to undergo blood tests and you do not take any medications (this include herbal supplements) regularly.

There may be reasons that you cannot donate milk and they include

- If you are HIV positive
- If you have Hep B or C
- If you have syphilis
- If you have any other illnesses or diseases that may infect the milk
- If you use illegal drugs or tobacco products

Most moms who donate are those who have an oversupply or have suffered a loss and want to continue to give to other infants in need. If neither of these is your situation you can simply begin pumping after each nursing session and increase your supply so that you may pump extra to donate. There are several milk banks across the U.S. to donate to.

- Themilkbank.org
- Nationalmilkbank.org
- Hmbana.org
- Helpinghandsbank.com



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