

[Home](#)[General Information](#)[Mission/Description](#)[History](#)[FAQ](#)[Who Do We Serve?](#)[Milk Processing](#)[Donate Milk](#)[Position Statement](#)[Publications - Buy Online](#)[Publications - Order Form](#)[Newsletters](#)[Resources](#)[HMBANA Conference 2012](#)[Contact Information](#)[Contact Us](#)[Milk Bank Locations](#)[Board & Advisory Council](#)[Membership](#)[Establish a Milk Bank](#)

## Donate Milk

**Do you want to donate your surplus milk to help a sick or fragile infant?**

Moms from all over the US and Canada can donate their extra milk to help save premature and sick infants. Even if there isn't a non-profit bank in your city you can contact the bank closest to you and inquire about having your milk shipped to the bank. All costs of screening and shipping are covered by the receiving bank.



All donors to HMBANA member milk banks undergo a screening process that begins with a short interview over the telephone. Donor mothers are women who are currently lactating and have surplus milk. Donor mothers must be:

- In good general health
- Willing to undergo a blood test (at the milk bank's expense)
- Not regularly using medication or herbal supplements (with the exception of progestin-only birth control pills or injections, Synthroid, insulin, pre-natal vitamins; for other exceptions, please contact a milk bank for more information)
- Willing to donate at least 100 ounces of milk; some banks have a higher minimum

A woman would not be a suitable donor if:

- She has a positive blood test result for HIV, HTLV, hepatitis B or C, or syphilis
- She or her sexual partner is at risk for HIV
- She uses illegal drugs
- She smokes or uses tobacco products
- She has received an organ or tissue transplant or a blood transfusion in the last 12 months
- She regularly has more than two ounces or more of alcohol per day

- She has been in the United Kingdom for more than 3 months or in Europe for more than 5 years since 1980
- She was born in or has traveled to Cameroon, Central Africa Republic, Chad, Congo, Equatorial Guinea, Gabon, Niger, or Nigeria

If you are interested in donating and fit the guidelines above, please contact the [milk bank](#) closest to you.