

SHIPPING MILK TO MOTHERS' MILK BANK

Thank you so much for your generosity in donating your precious milk to help other babies thrive and grow. We request that you read this information and follow the guidelines so that we are able to use every valuable ounce of your milk.

PREPARING FOR SHIPMENT

- We have included for your usage one or more ice packs to keep the milk frozen when it is transported to us. Please place these ice packs in your freezer for a minimum of 24 hours prior to shipping.

PACKING THE BOX

- If you received blood tubes, you will be sending your blood samples with your first shipment. Be sure it is padded well to prevent breakage, and any outside wrapping on it clearly marked as BLOOD. If you did not receive blood tubes but received a Quest slip instead, you will not be sending your blood to us. Quest will be handling your blood and sending us the results.
- There is a new plastic bag inside the box – put your milk containers in this bag. Put the milk in the box first, and blood if sending, then the ice packs on top of the milk and blood. Please use all included ice packs.
- Be sure to fill the box with as much milk as possible. Fill any open spaces with crumpled newspaper or plastic bags so it is packed tightly.
- Gather the interior bag loosely on top and place the last silver insulating square on top of the milk, ice packs, and padding. Place any paperwork on top of this, then gather the outside plastic bag and fold to close.
- Tape the box shut along the center and side seams using standard packing tape.

TO SHIP YOUR MILK TO THE MILK BANK

- Call FedEx at 1.800.GOFEDEx (1.800.463.3339) to have the box picked up at your home. Call a day ahead. You will need to have the box packed and ready when FedEx arrives.
- In some areas it may be more convenient for you to take the box to your local FedEx office.
- We have included for you a prepaid, preaddressed shipping label for your use. FedEx will need to determine the weight of your package and enter it at the time of shipment
- Label your box with any perishable stickers that have been provided.

Please ship Monday through Thursday only.
We are not in the office to accept shipments that arrive on Saturday.

If you have any questions about shipping milk, please call us at 303.869.1888 or toll-free at 877.458.5503. Thank you for taking the extra effort to donate long distance!

Laraine Lockhart Borman, BA, IBCLC
Director of Outreach