



## Donate Milk

Thank you  
for sharing  
this lifesaving  
resource

Human donor milk is possible because of generous donations by mothers like you. To become a donor, follow the steps below.

**1. VISIT THE MINNESOTA MILK BANK FOR BABIES (MABB) WEBSITE, [MNMILKBANK.ORG](http://MNMILKBANK.ORG), TO LEARN ABOUT DONOR REQUIREMENTS.**

If still able and interested in donating milk, complete the Interest Form on the website to get the process started. Call **763-546-8051** if you have questions.

**2. AFTER YOU SUBMIT THE FORM, YOU WILL RECEIVE A PROMPT TO SET UP A PHONE SCREENING WITH A DONOR COORDINATOR THROUGH AN ONLINE SCHEDULING SYSTEM.**

The coordinator will ask you about your health history, lifestyle, medications and alcohol consumption.

**3. THE COORDINATOR WILL GIVE YOU INFORMATION ON NEXT STEPS DURING THE PHONE SCREENING.**

**4. ONCE YOU COMPLETE THE APPROVAL PROCESS AND BECOME AN APPROVED DONOR, YOU WILL BE INSTRUCTED ON HOW TO DROP YOUR MILK OFF FOR DONATION.**

Now your milk is ready to help babies across Minnesota! Visit [mnmilkbank.org](http://mnmilkbank.org) to find your closest milk depot. Or drop your milk off at the CentraCare sites below.



CentraCare Plaza in St. Cloud, call 320-251-2700, ext. 51990  
CentraCare – Monticello, call 763-271-2218  
CentraCare – Long Prairie, call 320-732-7290