

# JPS Milk to Go

- ▶ Donor Milk for Breastfeeding Success helps parents give their babies a healthy start.
- ▶ Mothers who breastfeed can have extra milk.
- ▶ Donor milk can work for your baby.

## About Donor Milk

- ▶ Donors are mothers who make more breast milk than what their own baby needs.
- ▶ Mothers who give their milk do not get money for it.
- ▶ Donors:
  - Have a health screen
  - Fill out a health record
  - Have a blood test
- ▶ Donor milk is treated and tested to make sure it is safe.

## How to Get Your Donor Milk

- ▶ Go to [texasmilkbank.org](https://texasmilkbank.org) and click **Receive Milk**
- ▶ Click the link: **JPS Milk to Go**
- ▶ Click the link: **Click Here to Get Two Bottles of Donor Milk**
- ▶ Enter the Username: **JPS**
- ▶ Enter the Password: **JPSMilk1**
- ▶ Click on **Complete Form** and fill out the form.
- ▶ Click the green **Submit Form**
- ▶ You will get an email.
- ▶ Show the email to JPS staff to get your milk bottles.
- ▶ To order more milk, call Mothers' Milk Bank of North Texas  
Monday - Friday from 9 a.m. - 4:30 p.m.  
**817-810-0071**

## How do I store the milk?

- ▶ Put bottles in the freezer at the back or bottom where they will stay colder.
- ▶ Do not store milk in the freezer door.
- ▶ Use milk that will expire first.



## How to Use The Milk

### Thawing

- ▶ Move frozen bottles to the fridge as needed. It takes 12 - 24 hours for milk to thaw.
- ▶ Hold the bottle under lukewarm running water. (Do not get the cap wet)
- ▶ Or place the bottle in a clean cup or bowl of warm water.
- ▶ Or place the bottle in a warmer for thawing breast milk.
- ▶ Do not thaw or heat in the microwave.
- ▶ Do not heat milk warmer than your skin.
- ▶ Once the milk is thawed, **do not re-freeze**.

### Get Ready

- ▶ Wash your hands and clean where you will prep the milk.
- ▶ Mix the milk by gently swirling.
- ▶ Pour into a clean bottle.
- ▶ Cover any leftover milk and put it back in the fridge right away.
  - This milk may be used for the next feeding.
  - Do not add this milk to a new bottle of thawed milk.
  - Throw away thawed, warmed milk after more than one hour at room temp.
  - Donor milk can be used up to 48 hours after thawing if kept in the fridge.

Once you start a nursing routine, you may end up with more milk than your baby needs.

If you have extra milk and would like to become a donor, call **817-810-0071**.

Translation services are available.



Scan the QR code to visit [texasmilkbank.org](https://texasmilkbank.org).