



Donate Milk

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

1. CALL MINNESOTA MILK BANK FOR BABIES (MMBB) AT 763-546-8051

You will speak to the donor coordinator and answer some health and lifestyle questions. We will ask about your diet, pump patterns and overall health.

DONOR REQUIREMENTS:

- Non-smoking household
- Milk stored less than 12 months
- Milk stored in clean, food-grade containers
- Plan to donate at least 100 ounces to a milk bank

2. COMPLETE THE APPLICATION

All donors will complete a written application that asks for details about health and household. Once the completed documents are signed and received, MMBB will contact your doctor for approval.

3. TAKE A BLOOD TEST

MMBB will arrange a blood test and cover the cost.

4. GET A DONOR NUMBER

MMBB will assign you an approved donor number. This means you are ready to drop off milk at the location of your choice. Now your milk is ready to help babies across Minnesota!

5. SCHEDULE A DROP OFF AT ANY MILK DEPOT

Visit mnmilkbank.org to find your closest milk depot. Or drop your milk off at the CentraCare sites below.

Thank you
for sharing this
lifesaving resource