



# ROTARY COMMUNITY BREAST MILK BANK

## Donor breast milk for your baby

### Introduction

Breast milk is optimal for all babies. The aim of the Rotary Milk Bank is to have breast milk available for all infants in need, particularly in the first six weeks of life.

Some women have challenges to establishing and maintaining their breast milk supply, donor milk is a short-term gift to a mother and baby until breastfeeding gets on track.

### Why should I use donor milk?

- It assists in building a healthy immune system;
- Acts to protect babies from infections.
- Contains easily digestible proteins.
- Supports nervous system and brain development.

### What is a donor breast milk bank?

The Rotary Milk Bank accepts donated breast milk from women who have been screened. Their milk is then pasteurised and tested and given to babies who meet the criteria.

Donor mothers have completed a lifestyle questionnaire and undertaken blood tests to ensure that the milk is safe from known blood borne infections and medications, recreational drugs and nicotine.

Our goal is to supply donor milk for your baby for up to six weeks after birth. We would like to supply you with donor milk until your own milk supply is established, but the duration of donor milk use will depend on the Rotary Community Breast Milk Banks supply and the volume of donor milk needed.

**To help save our planet and save costs, we recycle the bottles we dispense milk in. Once the bottle is empty, wash in hot soapy water, rinse, air dry thoroughly and return the bottles with lid off to us. No need to remove the label. Thank you.**

The Rotary Milk Bank appreciates both the support from the donor mothers and those who may wish to contribute financially to maintain this facility as we are run totally on fund raising and volunteer labour.

***If you wish to help us, please see the enclosed donation card.***