

# MOTHERS' MILK BANK OF FLORIDA

Spring 2015

## The Quads' story

I had never really thought much about breastfeeding or if I even planned to do it. I also never planned to have quadruplets, but that's what I got. These four precious miracles entered this world over three months early and



fighting for their lives. I was lucky enough to have my babies in an excellent NICU full of amazing doctors and nurses who taught me about the importance of breast milk. So, I started pumping. Unfortunately, I could not produce enough milk for all four babies especially as they grew bigger. The NICU asked if I wanted to let them get donor breast milk. I know some people don't like the idea of using someone else's breast milk, but it never occurred to me to not accept this precious gift. Breast milk is lifesaving, and



my babies needed all the help they could get. I am so very thankful to the anonymous women out there that selflessly gave to help my babies. I have since become educated about and a huge supporter of donor breast milk.

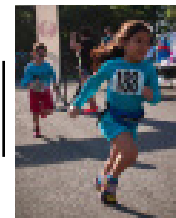
I don't plan on having any more children, but if I did I would definitely breast feed; and if I was able to, would definitely donate breast milk. I have attended the Miles for Milk walk for the last two years with my quadruplets and plan to continue to support this amazing cause. My little miracles are almost three years old and are doing great, and this is in part, thanks to the gift of donor milk.



## Third Annual Miles for Milk SATURDAY MAY 9, 2015



Come join us for our third annual Miles for Milk. There will be no official "registration fee" for this event. We encourage each participant to raise as much money as possible before race day. We have faith in our supporters- the people in this community who are passionate about improving the health of Florida's preterm infants. The suggested minimum donation for registrants is \$30. Raise \$50 and get a T-shirt! Register yourself, start or join a team, and spread the word to your friends and family that you're raising money for tiny babies. The sky's the limit!



In addition to a kids' fun-run and family friendly activities, we will be holding a raffle for some great prizes. Raffle tickets can be purchased on race day. All funds raised will go towards making the Mothers' Milk Bank of Florida a reality!

The Miles for Milk 5k Run and 2 Mile Walk courses wind through beautiful Bill Frederick Park on Turkey Lake.

Bill Frederick Park  
3401 S Hiawassee road  
Orlando, FL 32835



Mission: The mission of the Mothers' Milk Bank of Florida is to promote health and healing by collecting, processing and distributing donor human milk by physician prescription, using the guidelines from the Human Milk Banking Association of North America.

# MILK DRIVE

YOUR BREAST BET YET-SAVING LIVES WITH HUMAN MILK

Our first event of the year will be a milk drive in Tampa on April 10 from 9 a.m. to 3 p.m. We will be screening potential donors who bring in their frozen breast milk. The milk needs to be labeled with the date it was collected and can be no more than six months old. Mothers should be in excellent health and currently lactating. They must be free of illicit drugs, tobacco and alcohol and be willing to undergo additional screening. The screening will include verbal and written questions as well as blood tests. To begin the screening process, you can email [info@milkbankofflorida.org](mailto:info@milkbankofflorida.org) and visit our website for more information.

## Construction of the Milk Bank

We have been able to witness every step of the construction process in our new facility. We are currently operating out of one office in the One Blood building. It is quickly filling up with computers, beakers and pasteurizers. Once construction is complete, we will be moving into a 1,600-square-foot facility with two offices, a processing center, a room for freezers and a shipping area.



What if you could donate to the Mothers' Milk Bank of Florida by simply purchasing something through your Amazon account? You can by going to <https://smile.amazon.com/> and selecting the Mothers' Milk of Florida as your charitable organization! Amazon will donate 0.5% of the price of eligible Amazon Smile purchases straight to us. Simple, right?

## #MilkBankMonday

Follow our milk bank's progress and weekly news on Instagram, Facebook, Twitter and Pinterest through our hashtag.

<http://bit.ly/1McbtSh>

**Keep up with us on social media**

**[MilkBankofFlorida.org](http://MilkBankofFlorida.org)**



Facebook: Milk Bank of Florida



Twitter: milkbankfl



Instagram: milkbankfl



Pinterest: Mothers' Milk Bank of Florida



Mothers' Milk Bank of Florida is a 501(c)3 charitable organization and is a member of the Human Milk Banking Association of North America (HMBANA).