

DONATE YOUR EXCESS BREAST MILK!

4 EASY STEPS TO BECOMING A MILK DONOR THROUGH THE NY MILK BANK



SCREENING CALL

A telephone screening to establish that you meet the basic criteria to become a milk donor. This takes about 15 minutes or so to complete. Call us at 212.956.MILK (6455).



LIFESTYLE & HISTORY REVIEW

Complete a written health and lifestyle application, consent forms, and medical releases we can email you or send you via the USPS.



MEDICAL CLEARANCE

Have you and your baby's provider complete the medical releases. We can fax these releases for you or you can contact them yourself.



FREE BLOOD TEST

Once we have your completed forms and blood test results, we will contact you to arrange how you can get your milk to us.

By becoming a milk donor you can provide babies in need with life-saving donor human milk when their mothers' own milk is unavailable or insufficient. The Allied Foundation in partnership with the New York Milk Bank supports the health and survival of infants through our Milk Donor Program and Allied Milk Depots.

ALLIED MILK DEPOT LOCATIONS

NASSAU

Dr. Lauren Macaluso
1575 Hillside Avenue
New Hyde Park, NY 11040
516.498.2300

SUFFOLK

Peconic Pediatrics
34 Commerce Drive
Riverhead, NY 11901
631.722.8880

ROCKLAND

Dr. Kenneth Zatz
18 Washington Avenue
Nyack, NY 10960
845.353.7360

For more information please visit the New York Milk Bank at nymilkbank.org/donate-milk/

The New York **Milk Bank** 
Give. Nourish. Thrive.

Or visit The Allied Foundation at <https://alliedfoundation.org/give>

CONTACT US

631.386.4185

info@alliedfoundation.org
alliedfoundation.org

