



HOW TO SHIP YOUR MILK

If you live in Oregon, or Western Washington, Ship **ONLY ON MONDAY, TUESDAY, WEDNESDAY OR THURSDAY.**

If you live in Alaska, Idaho, Montana or Central/Eastern Washington, **SHIP ONLY ON MONDAY, TUESDAY OR WEDNESDAY!**

Please do not ship the day before a holiday!
We want your milk to stay frozen.

Before preparing your shipment: Call PeriShip (UPS) at 866-928-6428 to schedule a pickup. They will offer you 5-hour pickup window. Your milk will be safe in its packaging for at least 24-48 hours.

1. Remove the paperwork and plastic bag from the box.
2. There is no need to remove the blue cooler from the box. Use the same box to ship your milk back to NWMMB.
3. Put your frozen milk into the plastic bag.
4. Put the plastic bag of milk into the blue cooler and push the lid down into place.
5. Complete the "Illness, Medication, and Travel Update" and place the form on top of the lid of the cooler.
6. Close and seal the cardboard box with packing tape.
7. Stick your UPS return label on top of the sealed box.
8. Scan the QR Code to let us know your box is shipping.
9. We will send you an email message to let you know your milk has arrived. We appreciate you!



Scan here to let us know you have shipped your box. This helps us to track your shipment.

Contact us

800-204-4444

milkdonor@nwmmmb.org

www.donatemilk.org



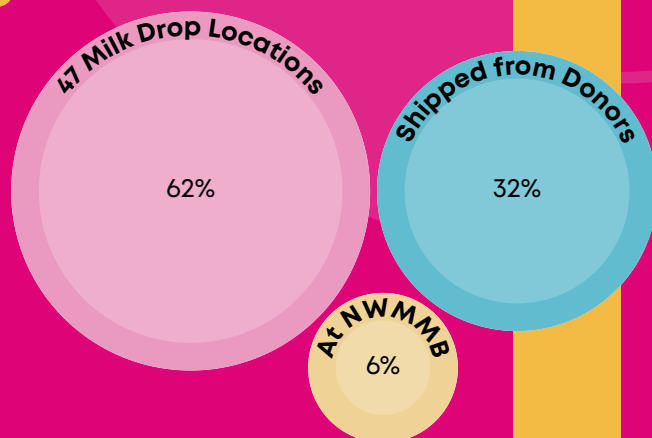
THANK YOU FOR MAKING A BIG DIFFERENCE FOR OUR TINIEST NEIGHBORS

Your milk is full of essential nutrients and antibodies that will help a baby grow and thrive. Premature babies in particular often need donor milk to protect their immature gut until their parent's own milk is available. Approximately 75% of the milk donated to NWMMB reaches hospitalized infants in Neonatal Intensive Care or Mother-Baby units. The other 25% is dispensed to outpatient families with brand new babies or babies with complex medical diagnoses being cared for at home.



WHERE DOES IT COME FROM, WHERE DOES IT GO?

Our milk donors reside in Washington, Oregon, Idaho, Montana, Alaska and Hawaii. We pride ourselves on working creatively to transport milk safely. Our goal is to make milk donation as convenient as possible for you. Thank you for your generous donations.



REDUCING ENVIRONMENTAL IMPACT

NWMMB is excited about our new polypropylene coolers. These sturdy coolers offer better thermoregulation and shipping durability than styrofoam or disposable liners. They can be sanitized between uses and used multiple times before being 100% recycled. At the milk bank, we are always looking for safe ways to reduce our environmental impact and medical waste. If you decide not to use your cooler, please ship it back to us, using the enclosed FedEx label.

*"Knowing another mom donated milk and had my back still brings tears to my eyes. It made me want to pay it forward by becoming a milk donor."
- Kayla, Gig Harbor, WA*