



LACTATION CENTER & MOTHERS' MILK BANK

3000 New Bern Ave,
Raleigh, NC 27610
919 350-8599
Fax 919 350-8923

PACKING MILK FOR SHIPPING

1. Call FedEx at 800-463-3339 to request a pick up and find out when they will come. If you can request a late pick-up the milk will stay frozen better. Pack as close to the pick-up time as possible. Pack only milk that is frozen hard. If you are shipping in a Styrofoam cooler within a cardboard box, leave the cooler in the box.
2. Please fill the cooler as full and tight as possible. The more milk you ship at one time, the better it will stay frozen. Do NOT send milk in plastic containers or boxes, put milk directly in cooler. Please use large bubble wrap provided to place on top of milk if needed to take up empty space. Please do NOT use newspaper.
3. Do not put ice in the cooler – ice is warmer than frozen milk, and will cause the milk to start thawing. If you are concerned with the milk thawing please call us prior to shipping for further instructions.
4. Use the enclosed FedEx Priority Overnight billable stamp to send the milk to us. Make sure your name appears on the label. Put the FedEx label on the lid. Apply the red "Milk Bank" label in the plastic envelope on top of the cooler next to the FedEx label. Use several pieces of packing tape to tape the cooler shut.
5. Please enclose a note if you will need another cooler, or if you need more milk storage bags.
6. Call the Milk Bank and leave a message on the voice mail telling us the FedEx tracking number, so we will except its arrival, and can track it if it doesn't arrive.
7. Ship milk Monday – Thursday to assure that someone will be at the Milk Bank to receive the milk when it arrives.
8. Please be sure each container or bag is labeled with your donor number and date pumped. We are unable to use milk that is not labeled.
9. Complete and enclose the illness and medication form.
10. If you have any questions, please call the Milk Bank.

THANK YOU SO MUCH FOR TAKING THE TIME TO BECOME A DONOR! WE
AND THE RECIPIENTS OF YOUR MILK GREATLY APPRECIATE YOUR
EFFORTS!

The Milk Bank Staff