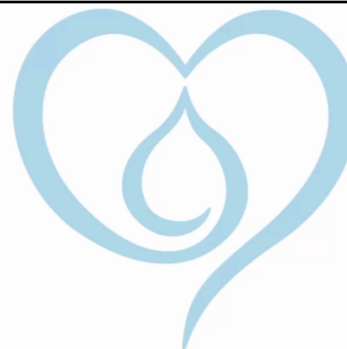


## The New York Milk Bank Donor Milk Program The New York Statewide Breastfeeding Coalition

March 27, 2025

The New York Milk Bank  
One Source. One Voice.

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### Learning Objectives

The New York Milk Bank  
One Source. One Voice.

At the conclusion of this activity, participants will be able to:

- Identify the three organizations that regulate and ensure the safety of the milk collected and pasteurized by The New York Milk Bank.
- Learn how The New York Milk Bank recruits milk donors
- Understand the four-step screening process for milk donors
- Identify situations where supplementing with pasteurized donor human milk helps ensure the health of a premature infant
- Learn why human milk gets pooled, analyzed, and pasteurized



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There is no substitute for mom's own milk...

*"Breast milk is unique in its nutrients and protective effects, and really quite remarkable when you look at what it does for a child's developing immune system."*

-Joan Younger Meek

Lead Author - AAP Policy Statement:  
Breastfeeding & the Use of Human Milk (2022)

The New York Milk Bank  
One Source. One Voice.

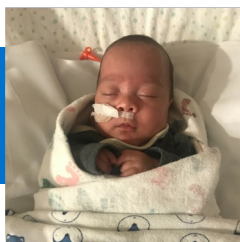


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### NYMB: Purpose

The New York Milk Bank  
One Source. One Voice.



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### Mission and Vision

The New York Milk Bank  
One Source. One Voice.

The New York Milk Bank is dedicated to improving the health and survival of infants in need by providing them with safely pasteurized donor human milk when their mothers' own milk is unavailable or insufficient.

We are dedicated to ensuring the safety and quality of donor milk and to reducing health disparities in the use and distribution of donor milk.

Our vision is that all women are supported in their breastfeeding and lactation goals and that all babies have access to safely pasteurized and affordable donor milk in situations where their mothers can't or won't breastfeed.

We support families and their babies throughout the life cycle by educating and supporting families on the benefits of human milk.



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## The New York Milk Bank

The New York Milk Bank  
One Source. One Love.

- Opened in 2016
- Located in Valhalla, NY which is in lower Westchester county, just 25 miles north of NYC
- State of the art facility
- Three pasteurizers
- Serving > 50 Hospitals
- Distributed >1,800,000 oz. of milk since opening
- > 5000 donors screened



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## Primary Purpose

The New York Milk Bank  
One Source. One Love.

### Ensure survival of premature infants in need of human milk

- Provide pasteurized donor human milk when an infant's parent's milk is unavailable and/or insufficient
- Ensure safety and quality of donor milk



Photo: Baby Benjamin, PDHM recipient, born at 31 weeks weighing 3.7 pounds



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## Primary Purpose

The New York Milk Bank  
One Source. One Love.

### Donor Milk for Premature Infants

- Benefits of Human Milk include decreased risk for:
  - Necrotizing Enterocolitis (NEC)
  - Late-onset sepsis
  - Chronic lung disease
  - Retinopathy of prematurity
  - Neurodevelopmental impairment

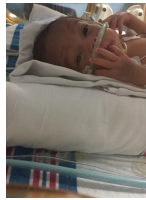


Photo: Baby Benjamin, PDHM recipient, born at 31 weeks weighing 3.7 pounds, NEC survivor

Boundy, E. O., Anstey, E. H., & Nelson, J. M. (2022). Donor human milk use in advanced neonatal care units—United States, 2020. *Morbidity and Mortality Weekly Report*, 71(33), 1037.



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## Secondary Purpose

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### Support Exclusive Human Milk Feedings

- Encourage donor milk as a supplement until baby's lactating parent's own milk is established
  - Raises exclusive breastfeeding rate



Sources: AAP Breastfeeding Policy Statement reaffirmed 2017

Toolkit: Implementing the Joint Commission Perinatal Care Core Measure on Exclusive Breast Milk Feeding (Revised 2013)

Photo: Baby Benjamin, PDHM recipient, home at 3 months



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## Baby Benjamin Today

The New York Milk Bank  
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From his mom: "Benjamin is doing amazing! He is in 2nd grade now and he is just such a boy's boy!! Lol. We no longer live in New York. We've been in Florida for the past 6 years enjoying the sun and hurricanes 🌪️ Hope all is well with you, your family, the business..! I can never truly think you all enough for literally helping to save my baby's life! ❤️❤️"



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## Exclusive Breastfeeding

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### Definition

- Feeding at the breast/chest
- Supplementing with:
  - Parent's own milk (bottle, SNS, cup, etc.)
  - Pasteurized Donor Human Milk (counts towards the Exclusive Breastfeeding Rate)



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## Medical Indications for Supplementation

### Lactating Parent

- Delayed lactogenesis and inadequate intake by infant
- Breast pathology or prior surgery with poor milk production
- Intolerable pain during feedings unrelieved by interventions

Source: AAP Breastfeeding Policy Statement 2022

## Medical Indications for Supplementation

### Infant

- Hypoglycemia
- Dehydration: clinical and laboratory evidence
- Weight loss: 8-10% accompanied by delayed lactogenesis
- Delayed bowel movements or continued meconium stools by day 5
- Insufficient intake despite an adequate milk supply (poor milk transfer)
- Neonatal jaundice (hyperbilirubinemia)

## Regulations



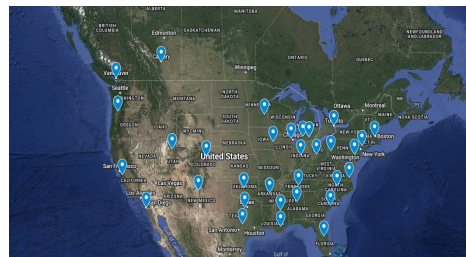
## NYMB Quality Control

- Regulated by the New York State Department of Health
  - Donor milk is considered a tissue
  - Licensed by the NY State Department of Health
- Accredited by The Human Milk Banking Association of North America (HMBANA)
  - Certified in the Standards of Milk Banking
- Registered with the FDA
  - Donor milk is considered a food
  - Certified in Food Manufacturing

## HMBANA

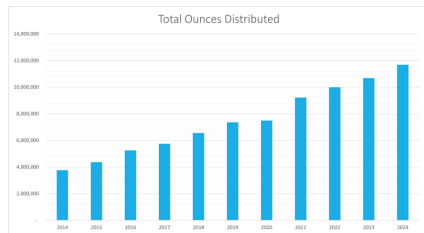
- Established 1985
- Association of nonprofit milk banks
- Develops standards for milk banks
  - Public standards available online  
[https://www.hmbana.org/file\\_download/inline/95a0362a-c9f4-4f15-b9ab-cf8cf7b7b866](https://www.hmbana.org/file_download/inline/95a0362a-c9f4-4f15-b9ab-cf8cf7b7b866)
  - The 2024 Fifth Edition of *Best Practice for Expressing, Storing and Handling Human Milk in Hospitals, Homes, and Child Care Settings*  
<https://www.hmbana.org/about-us/expressing-storing-handling-human-milk.html>

## HMBANA ACCREDITED MILK BANKS



## NONPROFIT MILK BANK'S DISTRIBUTION

~11 Million Ounces Distributed in 2024



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## Donor Milk Program



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## Donor Milk Products

NYMB offers the following:

- Preterm: < 36.6 weeks gestation for 30 days
- Term: 37+ weeks
- Specialty Milk:
  - Dairy and/or Soy restricted
  - Kosher: first & only milk bank to offer certified kosher milk in United States with STAR-K Certification

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## Donor Milk Product Sizes

- 120 mL
  - Preterm
  - Term
  - Dairy &/or Soy Restricted\*
- 50 mL
  - Preterm
  - Kosher



\*If not in stock, requires 10-day processing time

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## Human Milk Analyzer

- Miris Human Milk Analyzer
- FDA Cleared in 2018
- Installed in March 2019
- Analyzes macronutrients




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## NYMB Label

The New York Milk Bank  
One North Street

The New York Milk Bank  
Pasteurized Donor Human Milk



Batch: 10026 01  
Bottle: 2  
Type: Term

Expiry: 1/20/22  
Bottle Size: 50 mL

Protein: 0.9 g/100mL  
Energy: 24 kcal/oz

Store at -20C or colder  
Use within 48 hours of thawing



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## Donor Screening

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The New York Milk Bank  
One North Street



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One North Street



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## Donor Screening

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One North Street

1. Phone Consult/Interview
  2. Donor Questionnaire
  3. Medical Release Form  
Clearance from donor's healthcare provider
  4. Blood Screening  
HIV, HTLV, Syphilis, Hepatitis B and C
- Education on pumping and storing
  - Minimum donation 100 oz
  - Donation – no remuneration



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## Pumping Guidelines for Donation

The New York Milk Bank  
One North Street

- Milk at room temperature no more than 30 minutes
- Milk in fridge no more than 24 hours
- Milk in freezer good for six (6) months
  - Exceptions made for type of milk
- Pump parts washed between uses
- Pump parts sanitized daily
- Pump parts replaced regularly  
(refer to pump company instructions)



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## Donor Milk Collection

- Once approved our milk donors can:
  - Drop their milk at NYMB
  - Ship\* frozen milk overnight to NYMB
  - Drop milk at a milk depot

\*cooler and shipping costs covered by NYMB



The New York Milk Bank  
One Newark Street

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The New York Milk Bank  
One Newark Street

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## Milk Collection Sites

- New York City**
  - Brooklyn (2)
  - Bronx
  - Queens (2)
  - Manhattan
- Outside NY**
  - New Jersey
- NY Counties**
  - Albany
  - Broome
  - Cayuga
  - Chautauqua
  - Chemung
  - Dutchess
  - Erie
  - Fulton
  - Monroe
  - Nassau
  - Niagara
  - Oswego
  - Onondaga
  - Rockland
  - St. Lawrence
  - Schoharie
  - Suffolk
  - Thompkins
  - Ulster
  - Westchester

We are always looking for milk depots to make milk donation more convenient for our donors.  
Let us know if you would like to host a depot!

The New York Milk Bank  
One Newark Street

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## Donation After Loss

- No minimum required
- Accept milk before approval
- Contact hospital to arrange shipping



### Direct Route

- Full screening. Including written application, note from healthcare provider, and blood test
- Once approved and pasteurized, milk goes directly to NICU

### Indirect Route

- Application and note from healthcare provider not necessary. No blood test.
- Milk used to calibrate analyzer and pasteurizers and research
- Milk indirectly helps babies in NICU

The New York Milk Bank  
One Newark Street

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## Butterfly Memorial Tree



The New York Milk Bank  
One Newark Street

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## From Bereaved Donor Fatima:

"Today I sent 4 more boxes to you ❤️. Sharing a little story and some pics with you all, Amira was born at 27 weeks 12 onzas. Amira fought very hard for 6 months in the NICU. She left her footprint here with us as one the bravest tiny humans we had the honor to meet. Amira was strong, happy, sweet and brave. As her mother, it fills my heart to be able to share the love and hard work through these drops of gold💛💛💛"



The New York Milk Bank  
One Newark Street

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## Milk Processing

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## Inspection



## Thawing



## Straining & Pooling



## Dispensing and Capping



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## Pasteurizing

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Holder Method

62.5° C/144.5°F

30 minutes

Eliminates pathogens

Sample Tested

Quarantined for 48 hrs.



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## Effects of Pasteurization

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Component	Maintained >90%	Maintained 50-90%	Maintained 10-50%	Abolished
Macronutrients	Lactose Oligosaccharides	Protein Fat		
Micronutrients	Ca, Cu, Mg, Phos, K, Na, Zn	Fe		
Vitamins	Vit. A	Folate, Vit. B6, Vit. C		
Biologically active (immune)	IL-8, IL-12p70, IL-13, TGF-α	IgA, IgG, IGF-1, IGF-2, IGF-BP2, IFNγ, IL-1β, IL-4, IL-5, IL-10, TGFβ, Gangliosides	CD14 (soluble), IL-2, Lactoferrin, Lysozyme	IgM, Lymphocytes
Biologically active (metabolism)	Epidermal Growth Factor, Heparin Binding Growth Factor	Adiponectin, Amylase, Insulin	Erythropoietin, Hepatocyte Growth Factor	Bile Salt Dependent Lipase, Lipoprotein Lipase

O'Connor, D. L., Ewaschuk, J. B., & Unger, S. (2015). Human milk pasteurization: benefits and risks. *Current opinion in clinical nutrition and metabolic care*, 18(3), 269-275.



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## Final Product

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## Ordering Donor Milk

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## To Receive Pasteurized Donor Human Milk

Our milk from carefully screened donors is provided primarily to premature infants in neonatal care units. However, there are reasons why a healthcare provider may prescribe milk for a baby at home:

- Failure to thrive on formula
- Mother has insufficient milk supply
- Babies who are adopted, fostered, or born through surrogacy

If your full-term baby is at home and needs donor milk, a healthcare provider's prescription is required.

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## Shipping



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## Thawed Milk – Good for 96 hours

### New recommendations:

- 2024 Fifth Edition, Best Practice for Expressing, Storing, and Handling Human Milk, p 114.
- Effects of Refrigerated and Frozen Storage on Holder-Pasteurized Donor Human Milk: A Systematic Review, Hannah R Schlotterer and Maryanne T Perrin.

<https://pubmed.ncbi.nlm.nih.gov/30148655/>

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## Community Outreach

### Donate and Receive Milk Rack Cards

- English
- Spanish
- Creole
- Arabic
- French
- Bengali
- Chinese



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## Summary

- NYMB – making human milk locally available
- Stringent quality control, including a four-step screening protocol for milk donors
- Bottles barcoded for scanning easily into hospital inventory systems
- Nutritional content is printed on each label
- Certified Kosher donor milk available
- Rack cards in various languages
- Insurance reimbursement available for premature and sick infants

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## An ask ...

- If every attendee of today's conference referred a lactating individual who has a surplus supply of milk to The New York Milk Bank, we could feed so many more babies!

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**Breast Milk, please!**The New York **Milk Bank**  
One Healthy Year**Thank  
You!**

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The New York **Milk Bank**  
One Healthy Year**Contact Info**

Phone: 212-956-MILK (6455)

Address: 401 Columbus Ave, Valhalla, NY 10595

General Inquiries: [info@nymilkbank.org](mailto:info@nymilkbank.org)Donate Milk: [donatemilk@nymilkbank.org](mailto:donatemilk@nymilkbank.org)Receive Milk: [ordermilk@nymilkbank.org](mailto:ordermilk@nymilkbank.org)

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**Frequently Asked Questions:**The New York **Milk Bank**  
One Healthy Year

How to get started to donate my surplus milk?

How are milk donors recruited?

What medications are not acceptable for donation?

Who pays for blood tests?

Do milk donors get paid?

How to get milk to NYMB?

Who can host a milk depot?

What equipment is needed to host a milk depot?

What are the effects of pasteurization?

Why is a prescription needed to get donor milk for an out-patient?

What is the cost and why is there a cost for PDHM?



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