



Human Milk is Magic

Donor human milk is the best choice for any healthy baby if the parent's own milk is not available. The American Academy of Pediatrics (AAP), the World Health Organization (WHO), and the Center for Disease Control (CDC) recommend pasteurized donor human milk as the next best option.

The health benefits received from using human milk (breast milk) for newborns, especially premature newborns, cannot be replicated by any commercial formula product.

Donor milk may be used for multiple reasons including short term supplementation in the newborn period, low milk supply, maternal illness, separation, adoption, or surrogacy.

Human milk is the "gold standard" for infant nutrition because it:

- Is easily digested
- Helps eyes, brain, lungs, and other organs grow
- Helps prevent infections
- Contains non-allergenic proteins unlike cow's milk based formula

To ensure every baby has access to the best nutrition possible, Overlake has teamed up with Northwest Mothers Milk Bank (NWMMB) to offer the state's first donor milk distribution location. All you need is a prescription from your doctor or pediatrician.

Donor Milk is Safe

Donors go through a comprehensive health screening and lab testing process. Milk banks have stringent protocols to pasteurize and inactivate any potential viral or bacterial agents in the human milk they receive.

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Learn More about Donor
Human Milk by Visiting
Northwest Mothers Milk Bank
donatemilk.org

