



# MOTHERS' MILK SAVES LIVES

Mothers' Milk Bank of Tennessee's mission is to provide safe, pasteurized donor human milk to the most vulnerable babies. For medically fragile infants, human milk is more than a nutritional choice, it is a lifesaving intervention.



**Studies show the use of only human milk to feed preterm and low birth weight infants reduces mortality by 75%.**

2909 Old Fort Parkway, Suite 105 Murfreesboro, TN 37128  
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*"Donor milk has had a tremendous impact on our patients - we use it like medicine because it is one of the most healing "treatments" we can provide. We care for the smallest, sickest and most vulnerable babies and as such want to make sure they have the most biologically optimal nutrition. We always use mother's milk first but when this is not possible, donor milk is the next best bridge or substitute for mother's milk."*

- Stephanie Attarian, MD

## The Journey of a Milk Drop



### Screening

Prospective milk donors complete a medical screening, blood test and obtain physician's consent.



### Donations

Donors deliver their donations frozen to Milk Drop Depots located across the state.



### Processing

Donor milk is then pasteurized at our facility in Murfreesboro.



### Distribution

The Pasteurized Human Donor Milk is then bottled and distributed to NICUs across Tennessee.

## Impact in 2022



324

approved milk donors



180,700

ounces of human milk collected



16

collection sites



12

hospitals statewide received donor milk



33,560

bottles shipped to NICUS

# Your Support Can Help Save More Fragile Lives

As a 501(c)(3) nonprofit milk bank, Mothers' Milk Bank of Tennessee relies on financial supporters and volunteers to further advance our mission. Will you consider how you can help fragile babies survive and thrive?

## Ways to Contribute Financially

- Make a recurring or one-time donation online
- Give through payroll deduction through your workplace's giving campaign. To double your impact, ask if your employer will match your gift.
- Become a Leadership Donor by making a commitment to give \$100 or more annually.
- Make an in-kind donation by donating products or equipment to reduce our operating expenses.
- Show your organization's support of our mission by becoming an Annual Sponsor.

## Ways to Contribute Your Time

- Contribute your time monthly as a volunteer.
- Donate your professional service to reduce our operating expenses.

## Additional Ways to Show Your Support

- Shop our online store at [milkbanktn.org/shop](http://milkbanktn.org/shop). Not only will the proceeds of each sale support our cause, but you'll look great in Mothers' Milk Bank of Tennessee merch.
- Be an ambassador and help spread the word about us. Share our mission with a friend.

Amanda gave birth to Karisma at 32 weeks pregnant. Amanda understood the importance of providing breastmilk to her premature daughter.

Unfortunately, Amanda experienced delayed lactation, which is common for mothers who deliver preterm. Karisma received donor milk in the NICU until her mother's milk came in. After 21 days in the NICU, Amanda was able to take her daughter home. Karisma thrived on her mother's milk. Amanda continued to pump and became a milk donor. Amanda felt it was important to give her extra milk to help other vulnerable babies.



**Scan the QR code or visit [milkbanktn.org/support](http://milkbanktn.org/support) to learn how you can help babies like Karisma.**

# INDIVIDUAL SUPPORT

## Leadership Society

Help Tennessee's tiniest babies by becoming a member of Mothers' Milk Bank of Tennessee's Leadership Society with a reoccurring annual gift of \$100 or more. Your support will provide a sustainable resource to power Mothers' Milk Bank of Tennessee to reach more vulnerable babies across the state. As a member of the Leadership Society, you will demonstrate your commitment to helping the most fragile babies survive and thrive by having access to lifesaving pasteurized human donor milk.



Members of Mothers' Milk Bank of Tennessee's Leadership Society will receive the following recognition opportunities:

- Name listed in MMBTN's Annual Report
- Special recognition at MMBTN's Annual Meeting
- Name listed in MMBTN's E-Newsletter
- Special recognition at MMBTN's Anniversary Open House Event

You may complete the enclosed form to make a qualifying contribution to join the Leadership Society or visit [milkbanktn.org/leadership](https://milkbanktn.org/leadership) to give. Monthly installments can be made over 12 months that total \$100 or more annually online at the link listed above.

**Scan here to learn more.**



Questions? Please contact [Amy.Painter@milkbanktn.org](mailto:Amy.Painter@milkbanktn.org).



# Thank you for your support!

## Count On Me

- Leadership Donor     Annual Sponsor     One-time donation  
 In-kind gift     Donation of a professional service

Amount: \$\_\_\_\_\_

## Contact Information:

Name: \_\_\_\_\_

Organization (if applicable): \_\_\_\_\_

Please recognize my donation in print as follows:

\_\_\_\_\_  
*Examples- The Smith Family, Jane and John Smith or the Smith Foundation*

OR  Select here if you wish to remain anonymous.

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

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## Method of payment:

Check is enclosed  
Please return form by mail to:  
Mothers' Milk Bank of Tennessee  
2909 Old Fort Parkway, Suite 105  
Murfreesboro, TN 37128

Invoice me  
Please return form by email to  
Amy.Painter@milkbanktn.org



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