



Cherish

Nurturing your baby, supporting you

NHS

Countess of
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Donor milk for families facing cancer

Safe, screened donor milk to support babies when their own mother's milk is reduced or not available.

the
milk bank
at chester

Cherish is a social value initiative from **The Milk Bank at Chester**. It provides safe donor breastmilk to support your baby's health and can help you continue breastfeeding.

Registered Charity
No. 1050015

What is donor milk?

Donor milk is human breastmilk donated by breastfeeding mums. It is carefully screened, pasteurised, and frozen to make sure it is safe. When a mother's own milk is not available, donor human milk is one of the recommended alternatives for babies.

How donor milk is kept safe

- Milk from each donor is processed separately
- Milk is tested to ensure it's safe
- Milk is pasteurised, sealed in bottles, and clearly labelled
- Milk is frozen straight away
- Every bottle can be tracked from donor to baby

Using donor milk at home

Follow these steps to keep donor milk safe for your baby:

Keep milk frozen

Store donor milk in the freezer, and keep the freezer at the correct temperature and regularly check it stays consistent

Defrost milk safely

- Defrost milk in the fridge
- Use within 24 hours once fully defrosted
- Keep the fridge between 4°C and 8°C

Using the milk

- Once taken out of the fridge, use within 30 minutes
- If needed quickly, defrost under cool or tepid running water
- Keep water away from the milk inside the bottle
- Throw away any unused milk from an individual feed

Do not use a microwave

- Microwaves heat unevenly and damage breastmilk