



Milk Donor Blog Interview

Thank you for taking the time to share your donor story with us and others. Your photos and stories help spread the word to new donors about the benefits of donating to the milk bank and why donor milk is so important for fragile babies.

**Bonus: in an effort to continue to reach new potential donors, we're looking for new ways to outreach. If you're feeling really ambitious, take a (vertical) video sharing your donor or NICU story and we can share it on our Instagram reels!*

Your name:

Baby's first name:

Where do you live?

How did you find out about MMBNT?

Why did you decide to become a donor?

How long have you been a donor?

Approximately how many ounces have you donated?

How was the screening process?

Where/how do you deliver your milk?

Was your baby in the NICU? If, so, can you share some details about that experience?

Did your NICU journey influence your decision to donate? If so, how?

What does donating your extra breastmilk mean to you?

Do you have advice for new donors? (pumping, storing, delivering milk)

Details about your family you'd like to add . . .

Is there anything else you would like us to know?

Can you share 3-4 photos (jpg files)? Examples: donor t-shirt, baby, family, milk (milk in bags, stored in freezer, packed up, ready to donate), etc. – we are especially in need of NICU photos

Thank you!

**Please note that by completing this form and sharing photos you are agreeing to the following photo release (you can request a copy of this form):*

Photography Release: I hereby grant Mothers' Milk Bank of North Texas the irrevocable and unrestricted right to use and publish photographs of me or my child, or in which I or my child might be included, for editorial trade, promotion, and any other purpose, and in any manner or medium; and to alter the same without restriction. I hereby release photographer and his or her legal representatives and assigns from all claims and liability relating to said photographs.