

# Valuing The Commitment Of Human Milk Donors



Hydrating and eating



Cleaning and sanitizing pump parts



Pumping



Storing and freezing



Packing and shipping

## Did You Know?

Breast milk donors devote up to 8 hours every day to contribute their excess breast milk to help medically fragile infants.

Plasma, sperm, egg, and hair donors are compensated, while breast milk donors are often expected to donate without compensation.\*

Donor	Compensation*	Estimated Time Commitment
Breast Milk	?	2-8 hours every day <sup>1</sup>
Blood	✗	1 hour every 8 weeks <sup>2</sup>
Plasma	✓	1-2+ hours, twice a week <sup>3</sup>
Apheresis Platelets	✓	1 1/2 – 2 hours, once a week <sup>2</sup>
Sperm	✓	1 visit per week <sup>4</sup>
Egg	✓	6 – 10 appointments over 3 months <sup>5</sup>
Hair	✓	Varies

\*Based on U.S. and EU standards; compensation varies by country in EU.

Given the considerable amount of time, effort, and expense associated with pumping, storing, and donating breast milk (as well as its importance to the health of vulnerable infants) it is only right that breast milk donors **have the option to be compensated.**

**Compensation recognizes both the value of breast milk and those donors making the generous contribution to provide essential nutrition to babies in need.**



<sup>1</sup> Data on file <sup>2</sup> The American Red Cross. Frequently Asked Questions. American Red Cross Blood Services.

<https://www.redcrossblood.org/faq.html>. Accessed April 20, 2023. <sup>3</sup> The U.S. Department of Health and Human Services.

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