

# “How I fit 440 oz. of breast milk in Prolacta coolers.”

Thank you for your great suggestions, Jess!



Jess Gerken



**Step 1** Fill bags with 8 ounce portions and lay flat in your freezer to maximize space.



**Step 2** Place 2 frozen gel packs at the bottom of the cooler.



**Step 3** Place the empty plastic bag into the cooler. On top of the ice packs, line up as many bags as you can on their side.



**Step 4** Place 2 or more bags in the gap between the ice packs and cooler to fill the space - this will create an even surface for the next layer.



**Step 5** On top of bags added in Step 4, place 6 bags sideways and 2 bags vertically in corner as shown above.



**Step 6** Create a second row on top of the first row of bags. Pack as tight as possible.



**Step 7** Add another 6 bags perpendicular to the second row you created, as shown above.



**Step 8** Lay a row of bags flat on top, as shown above.



**Step 9** Fill out the date range on the donor ID form, remove zip tie, seal packet bag, and lay packet on top of the milk.



**Step 10** Fold over plastic bag, place remaining 2 frozen gel packs on top, gather the top of the bag and secure the zip tie around it. Place the knot down.



**Step 11** Place lid on cooler and make sure it sits flat so that no air escapes, which can cause thawing.



**Step 12** Securely tape the box closed and call FedEx for pickup!