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## **DOH-Citrus is a Milk Drop Depot for Mothers' Milk Bank of Florida**

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**Citrus County, Fla. —** The Florida Department of Health in Citrus County (DOH-Citrus) is a Milk Drop Depot for the Mothers' Milk Bank of Florida. This program increases the opportunity for high-risk babies to receive milk from approved donors.

DOH-Citrus accepts human milk from pre-approved donors, storing it until the milk bank is ready to pick it up. The service benefits donors as they can now reach a collection site within the county, and Mothers' Milk Bank of Florida by having one central location to collect donated milk. All donors are screened. The milk is then used for babies in the NICU and medically vulnerable infants at home.

This program supports the recommendation that babies be exclusively breastfed for the first 6 months of life and continue to get breastmilk for at least the first 2 years of life. While not all mothers are able to breastfeed, this program highlights the importance of human milk for babies. The program allows those who have milk to spare to donate it so that more babies can thrive on human milk.

Those interested in becoming donors should contact the Mothers' Milk Bank of Florida at 407-248-5050.

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