

MAILING YOUR BREAST MILK

After ordering on my website, check your email (including spam/junk) for shipping instructions!

Milk bags are best for shipping.

Measure 1 oz of milk and pour in a milk bag. Then, triple bag the milk to avoid leaks during shipping.

Frozen, thawed, spoiled or old milk is all good to send.

Zip lock bags should be avoided if at all possible. If you send in all zip lock bags or non milk bags your milk may leak during shipping.

Match the name and write it on bag or note

Match the name used when placing order and write it on the bag or a note within your package.

Padded mailers or small boxes work great!

Save money by only sending 1 ounce, shipping costs are weight based.

