

Bridge Bags

At NorthPoint Health & Wellness Center Food Shelf

NorthPoint Health & Wellness Center is a health and human services agency serving North Minneapolis since 1968. We are a multi-specialty medical, dental, and mental health center and human service agency whose mission is "Partnering to create a healthier community."

The Minnesota Milk Bank for Babies improves infant health outcomes by ensuring that medically vulnerable babies in Minnesota and the Upper Midwest have access to safely pasteurized life-giving donor human milk when mother's milk is unavailable or in low supply.

NorthPoint Health & Wellness Center and the Minnesota Milk Bank for Babies have formed an alliance to provide **pasteurized donor human milk** (PDHM) for newborns as a **temporary bridge** for parents experiencing low milk supply and financial need.

Who is eligible?

To participate in the Bridge Bag program, your family should include:

- A baby or babies less than **6 weeks old** who are full-term or discharged from the hospital.
- Parent(s) who intend to breast/chest feed or express their own milk.
- Parent(s) (or proxy) who complete a NorthPoint Community Food Shelf enrollment form.

What is included in a Bridge Bag?

- A single bag includes up to 20oz of PDHM (pasteurized donor human milk).
- Resources to assist parent(s) with breast/chest feeding.

What else do I need to know?

- Bridge Bags are available on a limited basis for no cost at the NorthPoint Food Shelf.
- One bag per baby is available per visit. **Limit of 2 bags total.**
- If you need additional PDHM, contact the Minnesota Milk Bank for Babies at (763) 546-8051. A prescription is required for more than 40oz of PDHM with a cost of \$18.00 for each 4oz bottle.

Where do I get my Bridge Bag?

- **NorthPoint Food Shelf** located at: 2220 Plymouth Ave. North, Minneapolis, MN 55411
Open **Mon & Wed, 10:00am to 4:00pm and Tues & Thurs 10:00am to 7:00pm**
(closed on Fridays, Saturdays and Sundays)
Learn more: Text (612) 767-0337 | northpointhealth.org/food | or scan this code →

How can I learn more about PDHM?

- Contact the **Minnesota Milk Bank for Babies**
2833 Fairview Avenue North, Roseville, MN 55427 | (763) 546-8051 | mnmilkbank.org

