

Bridge Bags

At NorthPoint Health & Wellness Center Community 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 breastfeed or chestfeed 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 breastfeeding and/or chestfeeding.

What else do I need to know?

- Bridge Bags are available on a limited basis for no cost at the NorthPoint Community Food Shelf.
- One bag is available per visit.
- 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 Community Food Shelf** located at: 2220 Plymouth Ave. North, Minneapolis, MN 55411
Open **Monday through Thursday, 11:00am to 4:00pm** (closed on Fridays)
Learn more: (763) 670-6302 | northpointhealth.org/food | or scan this code →



How can I learn more about PDHM?

- Contact the **Minnesota Milk Bank for Babies**
2525 Nevada Avenue North, Suite 204, Golden Valley, MN 55427 | (763) 546-8051 | mnmilkbank.org