



## Join our league of heroes! Become a volunteer.

The Mothers' Milk Bank at Austin is a community-based non-profit organization whose mission is to accept, pasteurize and dispense donor human milk by physician prescription, primarily to premature and ill infants.

You can contribute your time and talent to help improve the health and lives of preterm and ill infants.

**You can join our Pour Team!** Work on the front lines with our pour team! You will work in groups of 3-4 in our lab, mixing and pouring donated milk for pasteurization. Involves standing for several hours at a time and lifting flasks of milk. Bonus: You get to “scrub in” and wear cool garb that makes you feel like you have a medical degree.

**You can be a (Milk) Logger!** Does tallying data make your heart sing? Like to count and add things? You can log frozen donated milk into our data tracking system.

**You can be an Office Angel!** You can assist with mailings, data entry, special projects and events, or support for donor moms.

**You can share your special skills!** We could use your help with public relations, marketing, fundraising, and we might need a little scrubbing behind the ears.

- Daytime hours!
- Convenient location near UT!
- Free & easy parking!
- Gain experience in clinical environment!
- Help fragile babies thrive!
- Perfect for students, retirees, moms!



### Four Easy Steps to Volunteer

1. Visit our website: [www.milkbank.org](http://www.milkbank.org)
2. Complete Volunteer Application.
3. Decide which position you'd like.
4. Or just contact Karen Snider at [karen@milkbank.org](mailto:karen@milkbank.org) or 512-494-0800!