

# Additional Resources for Parents



## Zip Milk

<https://www.zipmilk.org/>

Put in your zip code and find breastfeeding support near you.



## PA Breastfeeding Coalition

<https://www.pabreastfeeding.org/>

A coalition providing resources and other information to support breastfeeding in Pennsylvania.



## Human Milk Storage Guidelines

[https://www.cdc.gov/breastfeeding/pdf/preparation-of-breast-milk\\_H.pdf](https://www.cdc.gov/breastfeeding/pdf/preparation-of-breast-milk_H.pdf)

Explains safe storage methods, temperature recommendations and preparation for human milk.



## Infant and Young Child Feeding in Emergencies Toolkit

<https://www.cdc.gov/nutrition/emergencies-infant-feeding/introduction.html>

The toolkit explains how to plan for feeding infants during a disaster or a public health emergency.

