



# Milk Matters

A project of the  
PHI LAMBDA DELTA SORORITY



[www.facebook.com/PLDMilkMatters](https://www.facebook.com/PLDMilkMatters)



[milkatters.philambdadelta@gmail.com](mailto:milkatters.philambdadelta@gmail.com)



Lara Castillo (09178133083)

## Who are we?

As the flagship project of the Phi Lambda Delta Sorority of the UP College of Medicine, Milk Matters is the only **youth-led project** in the country that conducts regular milk letting activities for our beneficiaries. Our advocacy is to **promote and enhance the quality of maternal and child health** in the country, and become a bastion of women and children's health.



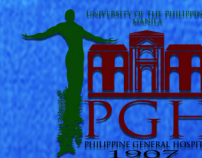
## Our Goals

1. To help empower Filipino mothers to exclusively breastfeed during the first six months of life;
2. To develop and maintain a stable source of breastmilk for PGH NICU and other partner communities through a referral system;
3. To establish community-based milk storage facilities that support and improve maternal & child health by partnering with existing milk banks; and
4. To be involved in developing health policies that support sustainable, community-based, barangay-level milk banks

## Our Partners



Neonatal Intensive Care Unit  
Philippine General Hospital



Canossa Health & Social Center  
Tondo, Manila



Canossa Health & Social Center  
Silang, Cavite



Parroquia de la Nuestra Señora  
de la Paz y Buen Viaje Parish  
Quezon City





# What do we do?

## Milk Drives

Milk Drives are held in our partner communities multiple times a year, for the benefit of the Neonatal Intensive Care Unit (NICU) patients of the Philippine General Hospital (PGH). Each Milk Drive begins with a public health lecture for mothers about exclusive breastfeeding, proper latch-on & breastfeeding positions, and problems encountered during the period of lactation. Together with nurses from PGH, milk is expressed either manually or with the use of a breast pump, and is properly stored for transport and pasteurization at the PGH Milk Bank. The milk is then given to neonates in need. In Milk Matters' last milk drive, held at the Canossa Health and Social Center, Silang, Cavite, 1.4 L of breastmilk was expressed and donated to the PGH NICU.



## Milk Pickups/Dropoffs

To facilitate a continuous supply of breastmilk at the NICU of PGH, Milk Matters collects milk from mothers in various areas of Metro Manila year-round. A call for donations is constantly publicized online through the Milk Matters Facebook page, and members of the Milk Matters team coordinate with the donors to ensure that milk is picked up and delivered to the NICU in good condition. Breast milk donors may also opt to drop off the milk at our partner institutions, which in the past, have included Mary the Queen Parish (Greenhills), and Barangay Ayala Alabang. In March 2018 alone, Milk Matters was able to collect 10.45 L of breastmilk for NICU, which translates to 348 feedings.



## Research

This year, Milk Matters has begun to develop its research arm by conducting a study about Filipino mothers' Knowledge, Attitudes, and Practices (KAP) about breastfeeding and complementary feeding. Through this study, the Milk Matters Team hopes to gain more insight into the breastfeeding situation in the country, so that appropriate policies and interventions may be formulated and implemented in response to problems seen. It is moreover hoped that the findings of this study are used to improve the plight of Filipino mothers and children.

## Express Yourself

In line with our objective to empower Filipino mothers to exclusively breastfeed, Milk Matters has recently launched its newest project: Express Yourself, an online movement that sheds light on the breastfeeding experiences of Filipino mothers, families, doctors, nurses, and other members of society. These stories are featured on the Milk Matters Facebook page and website every month, with the vision to inspire other mothers to continue breastfeeding.



# Recognition

**Awardee**, Most Gender Sensitive Organization Award, UP Center for Gender and Women's Studies, 2013

**National Winner**, 12th Ten Accomplished Youth Organizations (TAYO), 2014  
**Service Project of the Year (SPOYA)** of NCR Award, 2014

**Winner**, Foundation for Advancement of International Medical Education and Research (FAIMER): Student Projects for Health Competition, 2014

**Regional Winner**, Service Project of the Year Award, Association of Philippine Medical Colleges Student Network, 2015

**Gawad ng Dekano for Meritorious Performance**, UP College of Medicine Convocation, 2016

**Dr. Fernando S. Sanchez, Jr. Service Project of the Year Award**, 2016

**Participant**, 7th Consortium of Universities for Global Health Conference, 2017



## Pledge to Milk Matters

I would like to pledge the amount of  
Php \_\_\_\_\_ to help sustain Milk  
Matters activities for the year 2018-2019.

☐ Cash

☐ Check

☐ Bank Deposit (bank details listed below):

Bank: BDO

Account Name: Phi lambda Delta Sorority Shunts

Account Number: 00 353 001 3522

For more information, please contact Lara Castillo at 09178133083