



21 MAY 2024

OP Memorandum Order

No. 136, s. 2024

To : All Concerned Staff

**Subject : PROPER USAGE OF THE REFRIGERATOR IN THE
BREASTFEEDING AREA AS MILK BANK**

The Philippine Expanded Breastfeeding Promotion Act of 2009 (RA 10028) mandates all health and non-health facilities, establishments, and institutions to put up a lactation station and to provide lactation breaks to all nursing employees in addition to their regular breaks. Section 11 of this law states, "*The lactation stations shall be adequately provided with the necessary equipment and facilities, such as **refrigeration or appropriate cooling facilities for storing expressed breastmilk.***"

This memo serves as a friendly reminder about the proper usage of the refrigerator located in the breastfeeding area of the admin building. It is designated specifically for the storage of breast milk to support our breastfeeding mothers. To ensure the safety and quality of the milk stored, please adhere to the following guidelines:

The refrigerator should be used solely for the storage of breast milk. Please refrain from placing any personal food items or beverages in this refrigerator. **For personal food storage, please use the refrigerators available in the pantries.**

Certain foods can cause spoilage or contamination of breast milk due to strong odors or spillage. Do not store any of the following items in the breastfeeding area refrigerator:

- Strong-smelling foods (e.g., garlic, onions, fish)
- Foods prone to spoilage or that require frequent handling
- Any items that are not properly sealed or packaged

Ensure that all breast milk containers are clearly labeled with the mother's name and the date of expression. This helps in organizing and tracking the storage duration.

Maintain cleanliness by wiping any spills immediately and disposing of any expired milk promptly. This helps in maintaining a hygienic environment for milk storage.

Please be considerate and respectful towards the needs of breastfeeding mothers. Your cooperation ensures a supportive and comfortable environment for all. By following these guidelines, we can help ensure the stored breast milk remains safe and uncontaminated for the infants who rely on it.

For information and compliance.

Sincerely,


ROLYN C. DAGUIL, PhD
University President