

Lactation Room Guide

Metropolitan Council
Updated Aug. 9, 2022

Breastfeeding-friendly workplace

The Met Council strives to provide new parents with the support, time, education, and a place to meet their breastfeeding (or chestfeeding) needs.

Lactation rooms

This guide includes all the facilities that have a private space for parents to express milk. Find more details about the room location, amenities, reservations, and other resources on the facility's page.

Support at the Met Council

If there is not an adequate option close to your workstation or you need other assistance to support your ability to continue breastfeeding at work, please email LactatingParentSupport@metc.state.mn.us. The cross-divisional Lactating Parent Support Team will help work with your manager and facilities staff to figure out a solution.

Related resources

Check out these related resources for Met Council staff:

- On the Fit For Life MetNet site: [Parenting and Caregiver Resources](#)
- On the Benefits MetNet site: [Paid Parental Leave](#) and the [New Parent Packet \(PDF\)](#)

Support from HealthPartners

Learn about breastfeeding and get support from HealthPartners. [Visit their website](#) to make an appointment with a breastfeeding specialist or lactation consultant, or call the HealthPartners Baby Line at 612-333-2229 for concerns or medical questions.



Lactation rooms

Below is a list of all the facilities that have a private space for parents to express milk. Find more details about the room location, amenities, how to reserve, and other resources on the facility's page in this guide.

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Heywood Garage

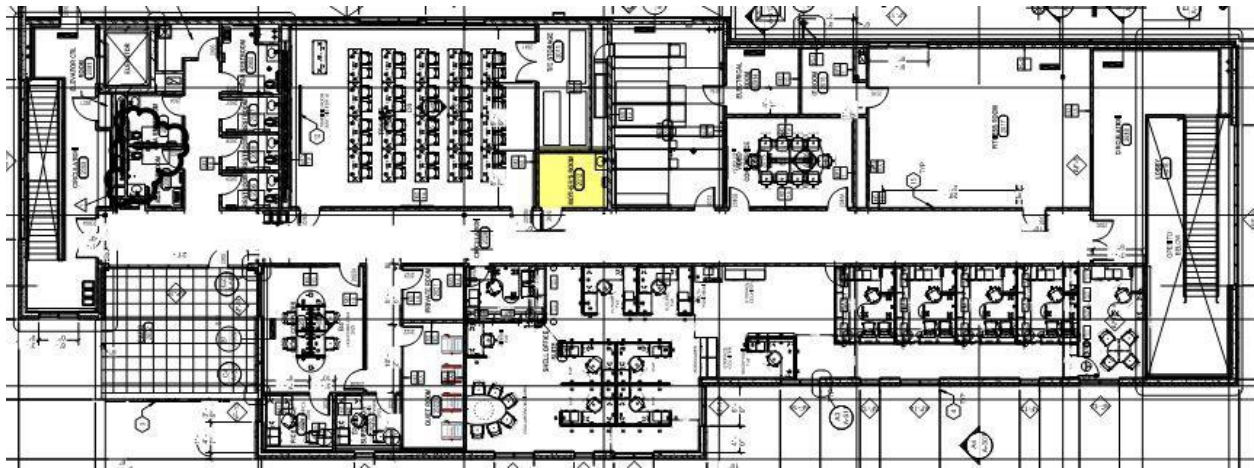
570 6th Avenue North, Minneapolis, MN 55411

Room 2012

This is a **dedicated lactation room** with the Met Council's standard lactation room furniture. This room is on the second floor of the Bus Operations area next to the Training Room. Amenities include an in-room sink, chair, table, mirror, and mini fridge.

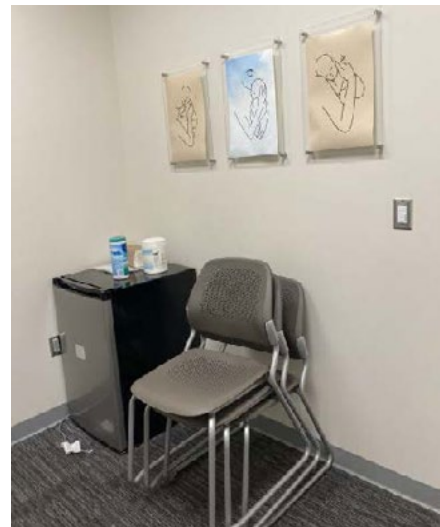
Access

Reserve the room in your Outlook calendar: **FTH-Garage-MothersRm2012**.



Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.



Heywood Office: Location 1

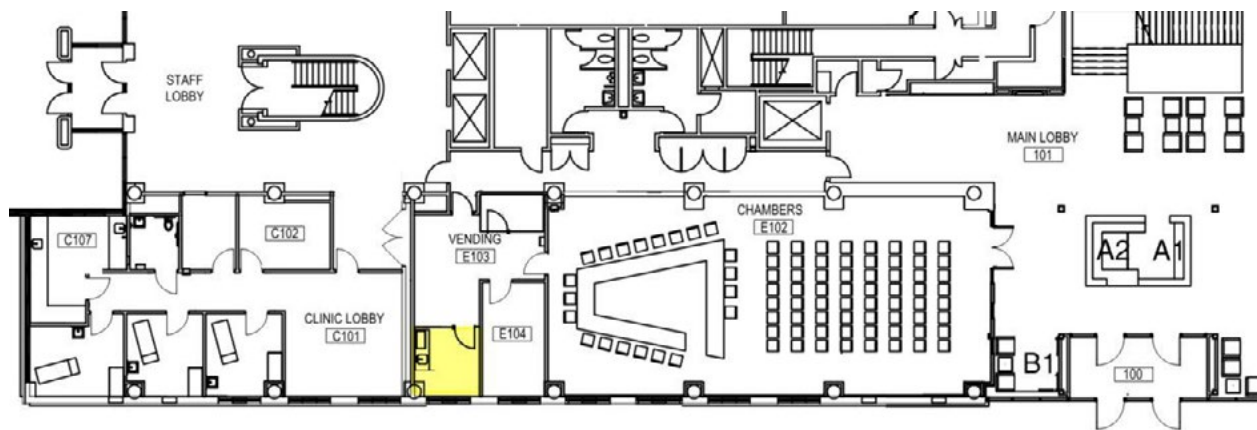
560 6th Avenue North, Minneapolis, MN 55411

Room E111

This is a **dedicated lactation room** with the Met Council's standard lactation room furniture. It is located on the first floor between the Well@Work clinic and the chambers, near the vending machines. Amenities include an in-room sink, chair, table, mirror, microwave, and mini fridge.

Access

Reserve the room in your Outlook calendar: **FTH-FL1-MothersE111**.



Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.



Heywood Office: Location 2

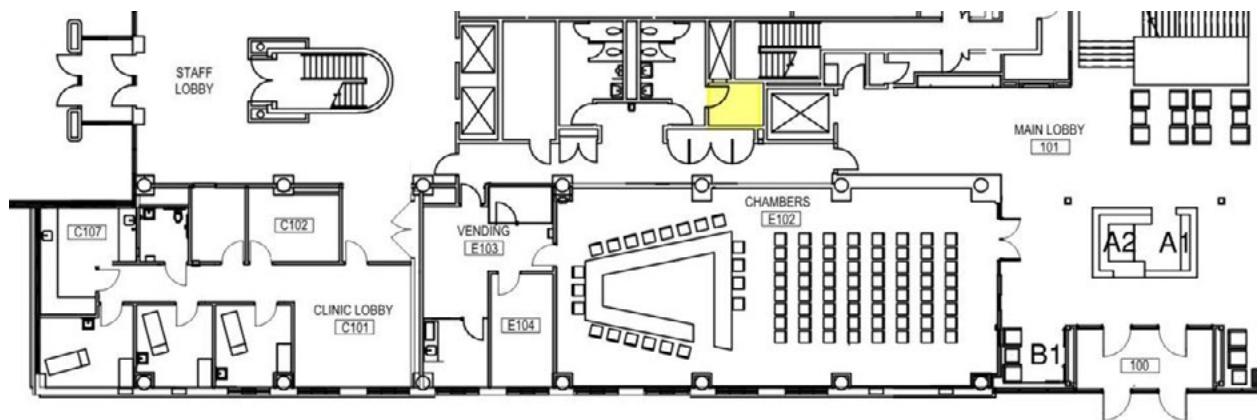
560 6th Avenue North, Minneapolis, MN 55411

First floor women's restroom

This is a **dedicated lactation room** with the Met Council's standard lactation room furniture. It is a separate room accessible through the first-floor women's restroom. The closest sink is 5 feet away in the women's restroom. Amenities include a mini fridge, chair, microwave, and mirror.

Access

Reserve the room in your Outlook calendar: **FTHMothersRoom**.



Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.



Heywood Police Facility (MTPD West Command)

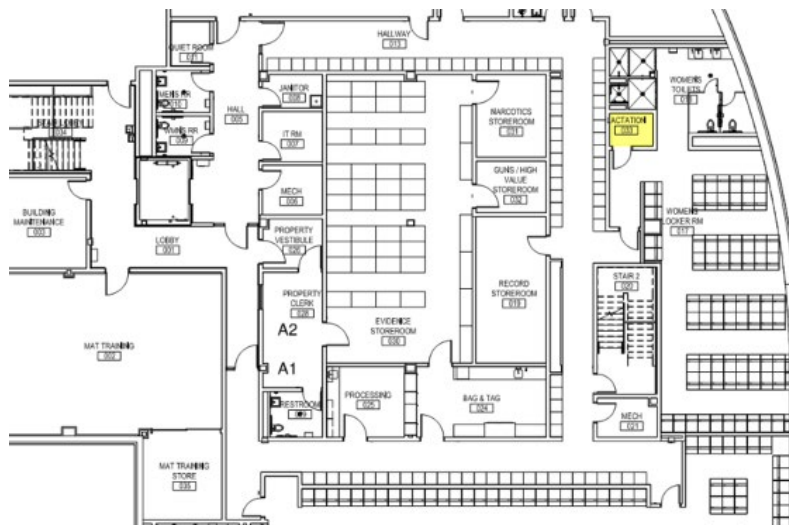
560 6th Avenue North, Minneapolis, MN 55411

Room 033

This is a **dedicated lactation room** with the Met Council's standard lactation room furniture. It is located on the Metro Transit Police Department side of the Heywood office building in the Women's Locker Room. Amenities include a sink, mini fridge, chair, and microwave inside the room and a locker space directly outside.

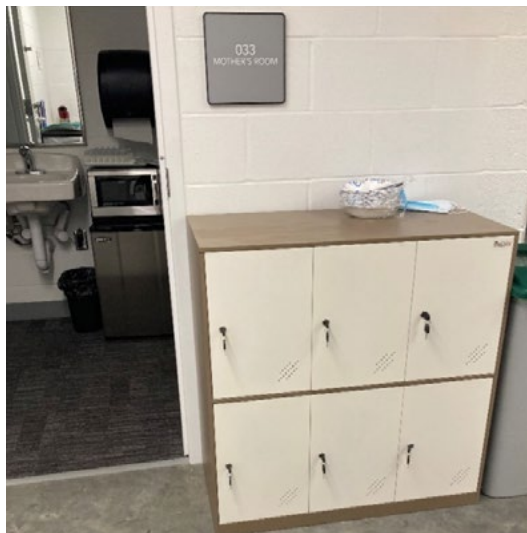
Access

This room is only available to employees with police department access. Reserve the room in your Outlook calendar: **FTH-MTPD-FLL-MothersRm033**.



Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.



Blue Line Operations & Maintenance Facility

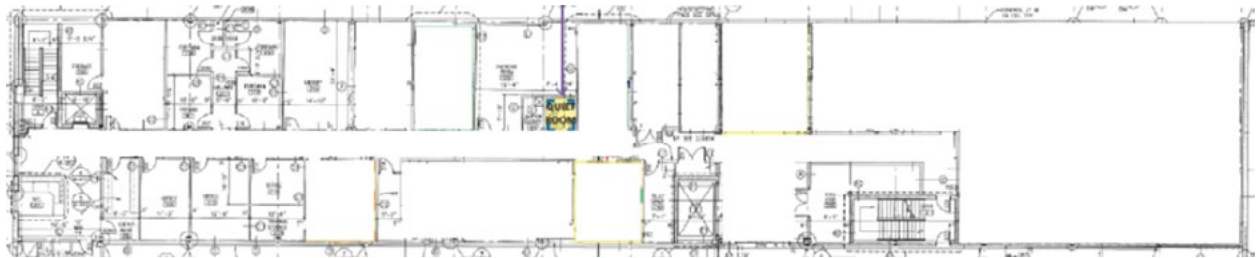
1810 East Franklin Avenue, Minneapolis, MN 55404

Room 228

This is a shared quiet room on the second floor. Amenities include a chair and table. A sink is nearby in the restroom.

Access

The room can be locked and has a vacant/occupied indicator. It cannot be reserved in Outlook.



Upcoming changes

Work is underway to upgrade amenities to include a new chair, table, mirror, microwave, and mini fridge.

Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.

Minneapolis Transit Store

719 Marquette Avenue, Minneapolis, MN 55402

Vacant space

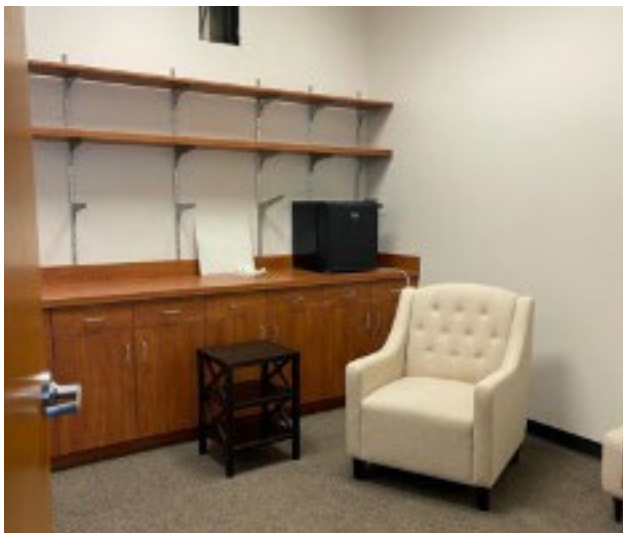
This is a **dedicated lactation room** shared with all tenants of the Baker Center building. Amenities include a chair, mini fridge, and shelf. The nearest sink is located 20 feet away, in the restroom around the corner.

Access

Employees need to contact Melissa Mensah at Melissa.Mensah@metrotransit.org to coordinate with building management to get a key and permission to use the room.

Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.



Nicollet Garage

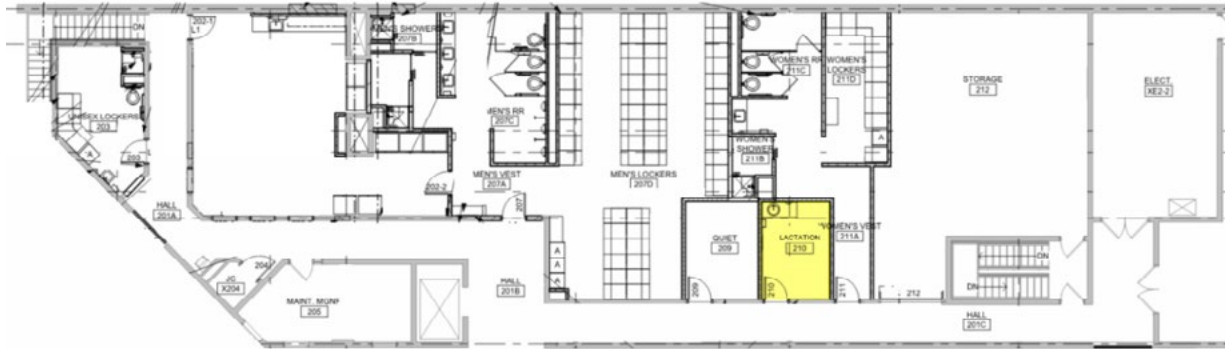
10 West 32nd Street, Minneapolis, MN 55408

Room 210

This is a **dedicated lactation room** with the Met Council's standard lactation room furniture. It is located in the Bus Maintenance area on the second floor. Amenities include a sink, mini fridge, and microwave inside the room.

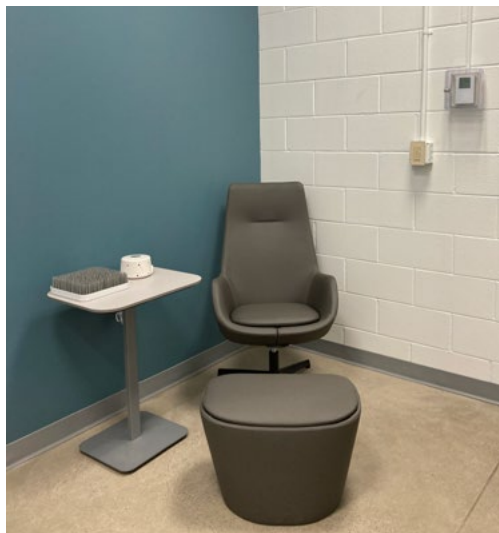
Access

This room can be accessed by any employee. Coordinate with Facilities Maintenance or a Garage Supervisor to obtain a key to access the space as long as you need it. You must return the key once you no longer need to use the space.



Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.



Operations Support Center & Instruction Center

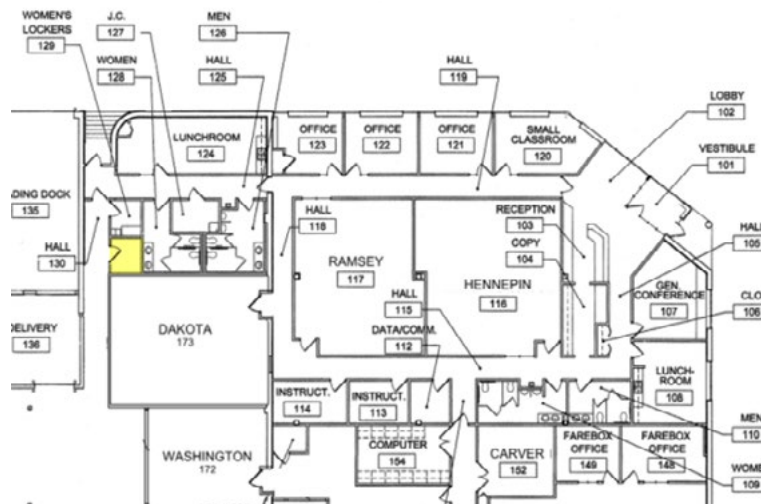
725 North 7th Street, Minneapolis, MN 55411

Room off Hall 174

This is a **dedicated lactation room** with the Met Council's standard lactation room furniture. It is located off the hallway near the lunchroom. Amenities include a mini fridge, chair, and table. The closest sink is in the lunch area.

Access

The room is open and available for use as needed. It cannot be reserved in Outlook.



Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.



South Garage

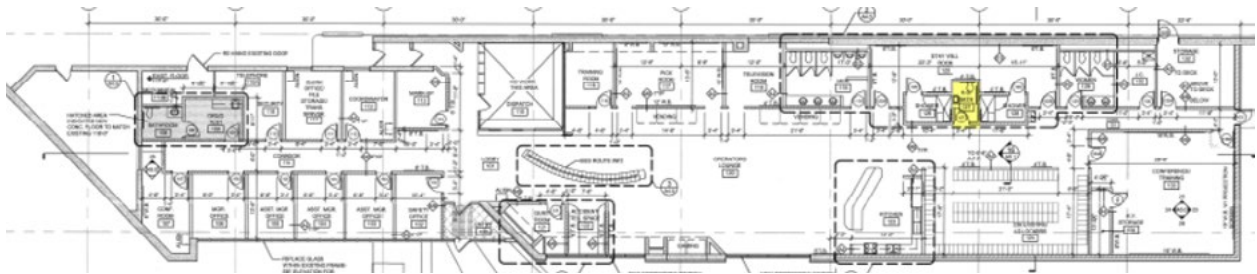
2100 MTC Road, Minneapolis, MN 55450

Room 127

This is a **dedicated lactation room** with the Met Council's standard lactation room furniture. It is located in the Driver's Room. Amenities include a chair and sink.

Access

The room is open and available for use as needed. It cannot be reserved in Outlook.



Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.

Southwest Project Office

6465 Wayzata Boulevard, Suite 500, St. Louis Park, MN 55426

Privacy room

This is a shared privacy room on the fifth floor in the Green Line Extension office suite, next to Conference Room D. It can be locked and includes a chair.

Access

Reserve the room in your Outlook calendar: **SPOPrivacyRm**.

Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.



Transfer Road (MTPD East Command)

677 Transfer Road, St. Paul, MN 55114

Room 147

This is a **dedicated lactation room** with the Met Council's standard lactation room furniture. It is a large, open room located in the northeast corner of the Metro Transit Police Department area, near the police parking lot entrance. Amenities include a mini fridge and multiple chairs. The closest sink is in the police kitchenette.

Access

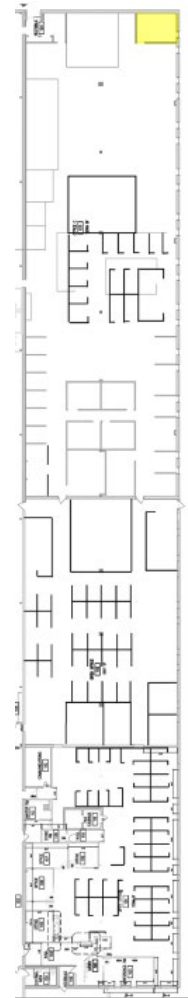
This room is only available to employees with police department access. It cannot be reserved in Outlook.

Upcoming changes

The Facilities team is working to identify a second space in the all-employee area. Please email LactatingParentSupport@metc.state.mn.us if you need a space now.

Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.



Transit Control Center

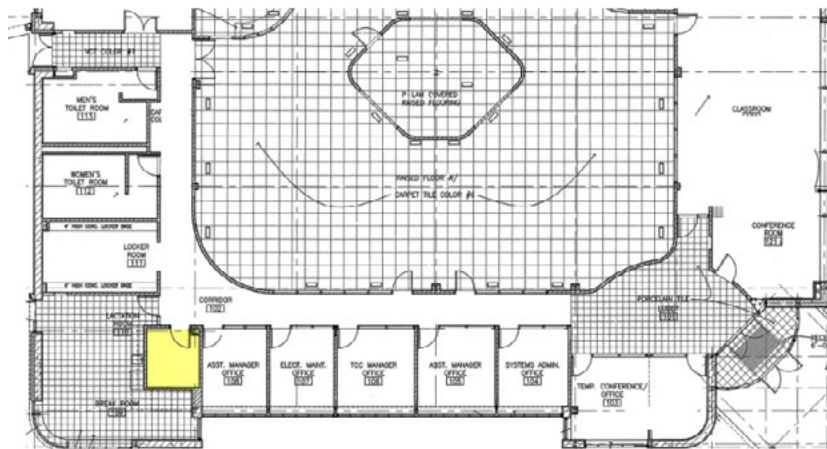
519 10th Avenue North, Minneapolis, MN 55411

Room 110

This is a shared quiet room. It is located off the hallway near the lunchroom. Amenities include a mini fridge, chair, table, and microwave. The closest sink is in the lunch area.

Access

This room is only available to employees with Transit Control Center access. It cannot be reserved in Outlook.

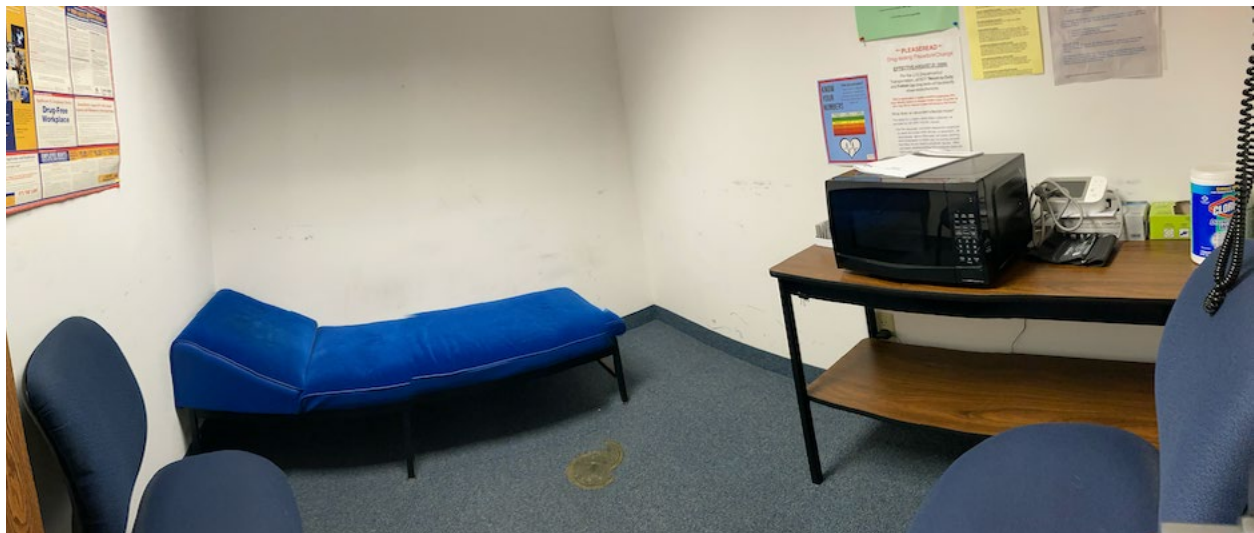


Upcoming changes

Work is underway to upgrade this room's amenities.

Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.



Other Metro Transit locations

Below is a list of other Metro Transit facilities and available spaces that are not dedicated lactation rooms. The Metro Transit Engineering and Facilities team is assessing these locations, looking for the most suitable dedicated spaces, and making sure they are supplied with the standard lactation room items.

Contact

If you are currently or planning on expressing milk at these locations, please email LactatingParentSupport@metc.state.mn.us so we can work with you to prioritize improvements more quickly.

Blue Line Rail Support Facility

1917 24th Street East, Minneapolis, MN 55404

There is a future project to add a space in the fitness room.

Commuter Rail Operations & Maintenance Facility (Big Lake – Northstar)

19699 County Road 43, Big Lake, MN 55309

A shared office space near the main building entrance, room 123

East Metro Transit Facility

820 L'Orient Street, St. Paul, MN 55130

Sr. Maintenance Training office (second floor, 215); lockable office with a desk

Green Line Operations & Maintenance Facility

340 Broadway Street, St. Paul, MN 55101

A shared quiet room is near the west entrance near the restrooms. There is electrical access, a table, and a chair.

Overhaul Base

515 North Cleveland Avenue, St. Paul, MN 55114

In the women's locker room (room 1316)

Saint Paul Transit Store

390 Robert Street, St. Paul, MN 55101 (Robert Street)

Use the Robert Street lactation room.

Robert Street

390 Robert Street, St. Paul, MN 55101

Nursing Mothers Room (lower level)

This is a **dedicated lactation room** with the Met Council's standard lactation room furniture. It is in the basement next to the fitness room. It is a private locked space with four stalls separated by dividers and curtains. Amenities include chairs, tables, and a mini fridge. The closest sink is in the locker room, about 15 feet away.

Access

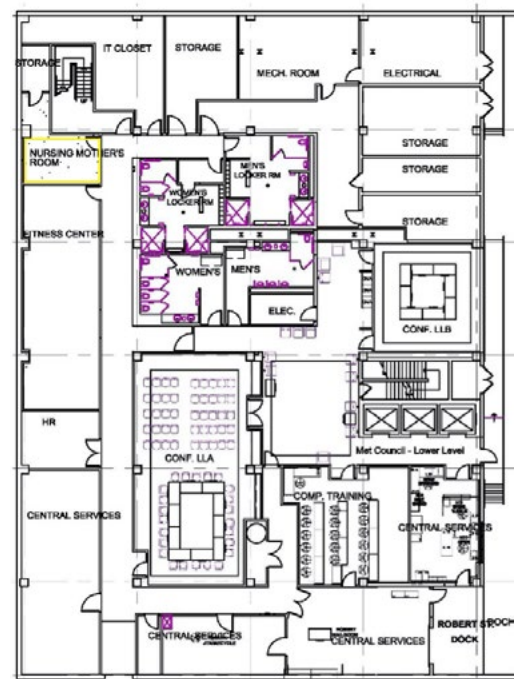
Use your employee badge to access the room. Reserve a stall in your Outlook calendar:

- RobertStMothersRmLL-1
- RobertStMothersRmLL-2
- RobertStMothersRmLL-3
- RobertStMothersRmLL-4

The Robert Street front desk has temporary access cards for guests as well as employees who forget their badge at home.

Contact

If you have any issues, feedback, or questions with the lactation room, email LactatingParentSupport@metc.state.mn.us. You can also let us know if you have any requests for amenities or cleaning supplies to help support your lactation needs.



Environmental Services locations

Below is a list of Environmental Services facilities with available spaces for using as lactation areas. The Lactating Parent Support Team will be assessing these sites to make lactation room improvements.

Contact

If you are currently or planning on expressing milk at these locations, please email LactatingParentSupport@metc.state.mn.us so we can work with you to prioritize improvements more quickly.

Blue Lake Plant

6957 County Road 101 E, Shakopee, MN 55379

In the women's locker room

Eagles Point Plant

9211 South 110 Street, Cottage Grove, MN 55016

In a vacant office, also in the women's locker room

Empire Plant

2540 West 197th Street, Farmington, MN 55024

In the women's locker room

Hastings Plant

521 East Second Street, Hastings, MN 55033

In the women's locker room

Metro 94

455 Etna Street, St. Paul, MN 55106

Designated lactation room in Suite 27 (IWPP)

Continued on the next page

Environmental Services locations

Continued from previous page

Metro Plant Admin.

2400 Childs Road, St. Paul, MN 55106

Room 208 on the second floor of the Administration Building

Metro Plant Construction Field Office

2500 Childs Road, St. Paul, MN 55106

Small Conference Room (has privacy shade and locks on the door)

Metro Plant Lab

2400 Childs Road, St. Paul, MN 55106 (Metro Plant)

Conference Room 3

Regional Maintenance Facility

3565 Kennebec Drive, Eagan, MN 55122

In a vacant office, also in the library

Seneca Plant

3750 Plant Road, Eagan, MN 55122

In the women's locker room

St. Croix Valley Plant

6163 North St. Croix Trail, Oak Park Heights, MN 55082

In the women's locker room

Note on the Metro Plant

Night and weekend shift employees can have a temporary access card to the admin. building to use the room if they are a lactating parent.
