

Breastmilk Storage Guidelines

Freshly pumped/expressed breastmilk

- **Countertop or table** (at or below 77° F)
up to 4 hours
- **Refrigerator** (at or below 40° F)
up to 4 days
- **Freezer section** (with a separate door, at or below 0° F)
up to 6 months
- **Deep freezer** (at or below -4° F)
up to 12 months



Thawed breastmilk

- **Countertop or table** (at or below 77° F)
1-2 hours
- **Refrigerator** (at or below 40° F)
up to 24 hours
- **Never refreeze thawed breastmilk**



These guidelines are for healthy full-term babies. Information from the USDA.

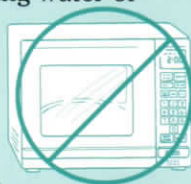
Tips

- Wash hands before pumping and handling milk.
- Wash containers and supplies in hot soapy water.
- Always date the container.
If going to childcare, label with baby's name.
- When traveling for short periods, put milk in a cooler bag with ice packs.
- Store milk in 2-4 ounce amounts to reduce waste.
- Store milk in hard-sided plastic or glass containers with tight lids or breastmilk storage bags. Do not use disposable bottle liners or regular plastic bags.
- Chill fresh milk before adding it to frozen milk.



Using pumped milk

- Use oldest stored breastmilk first.
- To thaw milk, put it in the refrigerator overnight, hold container under warm running water or place in a bowl of warm water.
- Babies can drink milk cold, at room temperature or warmed.
- Never thaw or warm milk in the microwave.
- Swirl, don't shake expressed milk.
- Discard unused milk left in the bottle within 1-2 hours after baby is done feeding.



Babies were born to be breastfed.