



## Breastmilk Storage Recommendations

\*These recommendations are for healthy full-term babies and may vary for premature or sick babies. Check with your healthcare provider.

	Countertop or table	Refrigerator	Freezer with separate door	Deep Freezer
<b>Storage temperature</b>	Up to 77°F (25° C)	At or below 40°F (4°C)	At or below 0°F (-18°C)	At or below -4°F (-20°C)
<b>Freshly pumped/expressed milk</b>	Up to 4 hours	Up to 4 days	Up to 6 months	Up to 12 months
<b>Thawed breastmilk</b>	1-2 hours	Up to 1 day (24 hours)	Never freeze thawed breastmilk	Never freeze thawed breastmilk
<b>Left over from a feeding</b>	Use within two hours after baby is finished feeding			

- Always write the date that the breastmilk was expressed on the container before you store it.
  - Store breastmilk in 1-4 ounce portions for easier thawing and warming.
  - Gently swirl breastmilk (do not shake) to mix before checking the temperature and offering it to your baby as the cream will rise to the top during storage.
  - Do not store milk on the door of the refrigerator or freezer to avoid changes in temperature.
  - When freezing breastmilk, leave about an inch of space at the top because it will expand in the freezer.
  - Breastmilk can be stored in an insulated cooler for up to 24 hours if you are traveling.
  - Always thaw in refrigerator overnight or in a container of lukewarm water.
- \*Never thaw in microwave. Use within 24 hours of thawing. Never re-freeze.

References:

Pennsylvania WIC, Centers for Disease Control and Prevention, The Academy of Breastfeeding Medicine.