**Breastmilk Storage Guidelines**

These guidelines are for healthy full term babies. Guidelines are for home use only and not for hospital use.

<table>
<thead>
<tr>
<th></th>
<th>Counter top or table</th>
<th>Refrigerator</th>
<th>Freezer with separate door</th>
<th>Deep freezer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Storage Temperatures</strong>*</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Freshly Pumped/Expressed Human milk</td>
<td>Up to 4 hours</td>
<td>Up to 4 days</td>
<td>Up to 6 months</td>
<td>Up to 12 months</td>
</tr>
<tr>
<td>Thawed Human milk</td>
<td>1-2 hours</td>
<td>Up to 1 day (24 hours)</td>
<td>Never re-freeze thawed human milk</td>
<td>Never re-freeze thawed human milk</td>
</tr>
</tbody>
</table>

*Storage times and temperatures may vary for premature or sick babies. Check with your health care provider.*
### Collection and Storage

- Wash your hands. Wash bottles and pumping supplies in hot soapy water or in the dishwasher.
- Breastmilk can be stored in clean bottles or breastmilk storage bags. Put the collection date on the container.
- If you are giving the milk to your childcare provider, put your child’s name on the container and talk to your childcare provider about storage guidelines for breastmilk.
- When traveling short periods of time, such as to and from work or school, store your pumped/expressed milk in an insulated cooler bag with frozen ice packs.
- Refer to the Breastmilk Storage Guidelines chart for storage time and temperatures of breastmilk.
- Do not store milk on the shelves in the door of the refrigerator because the temperatures vary due to the frequency of opening and closing the door.

### Freezing Milk

- Freeze milk in small batches of 2 to 4 ounces.
- Leave an inch or so of space at the top of the container because the milk will expand as it freezes.
- Store milk in the back of the freezer. Don’t store milk on the shelves of the freezer door.
- Chill freshly pumped milk before adding it to the frozen milk.

### Thawing and Warming Milk

- Use the oldest stored milk first. Practice first in, first out.
- Breastmilk does not need to be warmed. It can be served room temperature or cold.
- Gently swirl the milk to mix it, as it is normal for breastmilk to separate.
- Milk may be thawed in several ways, (1) in the refrigerator overnight, (2) under running warm water, or (3) in a container of warm water.
- Milk warmed should be used within one hour.
- Milk thawed in the refrigerator should be used within one day (24 hours) after it is thawed.
- Do not microwave or boil breastmilk. Microwaving and boiling breaks down the nutrients and creates hot spots, which can burn baby’s mouth.
- Never refreeze thawed human milk, even if it had been refrigerated.