

# BREASTMILK STORAGE 101

- WHEN BREASTMILK STORAGE BAGS ARE FROZEN FOR LONG PERIOD OF TIME (PAST 30 DAYS), CERTAIN NUTRITIONAL & ANTIOXIDANT PROPERTIES BEGIN TO DIMINISH
- PYREX GLASS BOTTLES WERE FOUND TO PRESERVE BREASTMILK QUALITY BETTER THAN MILK STORAGE BAGS.
- ALWAYS LAY STORAGE BAGS FLAT TO FREEZE.

## SAFETY STORAGE FOR BREASTMILK:

- 8 HOURS MAX AT ROOM TEMPERATURE.
- 4 DAYS MAX. IF REFRIGERATED.
- 3 MONTHS MAX IF STORED IN STANDARD FREEZER IN THE DOOR.
- 6 MONTHS MAX IF STORED IN THE BACK OF FREEZER.
- 12 MONTHS MAX IF STORED IN DEEP FREEZER.

## STORAGE BAGS:

- STORAGE BAGS ARE FOR ONE-TIME USE ONLY.
- STORAGE BAGS COME PRE-STERILIZED SO THERE IS NO NEED TO CLEAN THEM.
- DO NOT FILL PAST THE MAX LINE OF A STORAGE BAG.

## QUESTIONS?

CONTACT US ON OUR WEBSITE:  
[WWW.LETOSMATERNITYISLE.COM](http://WWW.LETOSMATERNITYISLE.COM)