



Breastmilk Storage Guidelines



Freshly Pumped Milk

- 4 hours at room temperature
- 4 days in the fridge
- 6 months in the freezer



Thawed Milk (previously frozen)

- 1-2 hours room temp
- 24 hours in fridge
- Never refreeze thawed milk

Storage & Thawing Tips:

Only store the amount you plan to use at a feeding in each bag.

Lay the bag of milk flat in the back of the freezer, not in the door or near the front.

Write the date and time you pumped the milk on the bag.

Breastmilk expands as it freezes so leave about an inch empty at the top of the bag.

Thaw milk under cold or warm water, do not heat in the microwave or with boiling water.

Throw away unused milk after an hour from when baby first starts drinking it.

Swirl the milk to mix it, don't shake it.