



SOUTHWEST

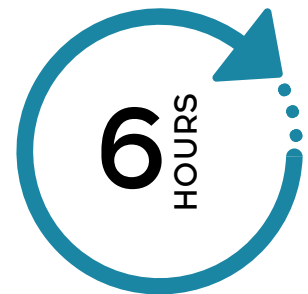
Mothers' Milk Bank

It takes 12 to 24 hours to cold-thaw milk in the refrigerator, so put bottles of milk in the refrigerator the day before you need them



Milk that has been at room temperature for 1 hour after being warmed should be discarded

Warmed milk put promptly into the refrigerator after a feeding can be used for the next feeding within 6 hours of initially warming it



Milk that is kept in the refrigerator is good for up to 48 hours after being completely thawed