

Place	Temperature	Storage Time	Things to Know
Counter Top, Table	Room Temp (up to 25°C)	Up to 4 hours is best.	<ul style="list-style-type: none"> Store breast milk in small batches. 50 to 100gms is recommended to prevent waste
Refrigerator	4°C or colder	Up to 4 days is best.	<ul style="list-style-type: none"> Store breast milk in the back of the refrigerator To warm breast milk from the refrigerator, place the bottle in a bowl of warm water or run it under warm water. Heating breast milk in the microwave is not safe
Freezer	-17°C	Up to 9 months	<ul style="list-style-type: none"> Store breast milk towards the back of the freezer. Breast milk expands as it freezes, so do not fill the milk all the way to the top of the storage container. To thaw breast milk from the freezer, put the bottle or bag in the refrigerator overnight, hold it under warm running water, or set it in a container of warm water. Heating breast milk in microwaves is not safe. Once breast milk is thawed, it can be stored in a refrigerator and must be used within 24 hours.
Deep Freezer	-20°C	Up to 12 months	<ul style="list-style-type: none"> Store breast milk towards the back of the deep freezer. Breast milk expands as it freezes, so do not fill the milk all the way to the top of the storage container. To thaw breast milk from the deep freezer, put the bottle or bag in the refrigerator overnight, hold it under warm running water, or set it in a container of warm water. Heating breast milk in the microwaves is not safe. Once breast milk is thawed, it can be stored in a refrigerator and must be used within 24 hours.

Source: American Academy of Pediatrics Guide to Storing Fresh Breast Milk