

Human Milk Storage Guidelines

| | Countertop or table | Refrigerator | Freezer with separate door |
|--|----------------------------|---------------------------|--|
| Storage Temperatures | 77° F or colder (25° C) | 40° F or colder (4° C) | 0° F or colder (-18° C) |
| Freshly Pumped/ Expressed Human Milk | Up to 4 hours | Up to 4 days | Within 6 months is best, up to 12 months is acceptable |
| Thawed Human Milk | 1-2 hours | Up to 1 day (24 hours) | Never refreeze human milk after it has been thawed |

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider. Guidelines are for home use only and not for hospital use.



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Find more breastfeeding resources at:
[WICBreastfeeding.fns.usda.gov](https://wicbreastfeeding.fns.usda.gov)
cdc.gov/breastfeeding/