

Breast Milk Storage Guidelines

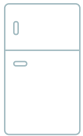
FRESHLY EXPRESSED OR PUMPED

STORAGE TYPE



ROOM TEMPERATURE

77°F (25°C) or colder



REFRIGERATOR

40°F (4°C)



FREEZER

0°F (-18°C) or colder



INSULATED COOLER/BAG

with frozen ice packs

STORAGE TIME



4 hours



4 days



6 months is ideal
12 months is okay



24 hours

STORAGE TIPS



Label the breast milk with the date it was expressed.



Store milk in the back of the freezer or refrigerator, not the door.



Freeze breast milk in the amount that will be offered at one feeding to avoid wasting breast milk.



Leave about an inch of space at the top of the storage bag for breast milk to expand as it freezes.

Based on 2020 CDC Guidelines "Proper Storage and Preparation of Breast Milk"

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