





Breast milk storage guidelines

Type of breastmilk	Room temperature 77°F (22°C) or cooler	Fridge 40°F (4°C) <i>(back of fridge, not door)</i>	Freezer 0°F (-18°C) or cooler
 Freshly expressed or pumped	Up to 6-8 hours (4hrs optimal)	Up to 4 days	Up to 6 months
 Thawed <i>previously frozen</i>	1-2 hours	Up to 1 day	NEVER refreeze breast milk after it has been thawed 
 Leftover from a an unfinished bottle	Use within 2 hours		

Safe thawing of breast milk

You can thaw your breast milk by putting the bottle or bag:

- 1** In the refrigerator overnight
*If you thaw breast milk in the refrigerator, **use it within 24 hours**.*
- 2** In a container of hot water
(not boiling) until the milk reaches body heat

Start counting the 24 hours when the breast milk is completely thawed, not from the time when you took it out of the freezer.

NEVER thaw or heat breast milk in a microwave or boil it, this can destroy nutrients in breast milk.



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