



## Storing your Breast Milk

### Storing Expressed Breast Milk :

- ◊ Wash your hands before expressing or handling breast milk.
- ◊ When collecting milk, be sure to store it in clean containers, such as screw cap bottles, hard plastic cups with tight caps, or heavy-duty bags that fit directly into nursery bottles. Avoid using ordinary plastic storage bags or formula bottle bags, as these could easily leak or spill.
- ◊ Clearly label the container with the child's name and date.
- ◊ Do not add fresh milk to already frozen milk.
- ◊ Do not save milk from a used bottle for use at another feeding.

### Safely Thawing Breast Milk:

- ◊ Thaw frozen breast milk by transferring it to the refrigerator for thawing or by swirling it in a bowl of warm water.
- ◊ Do not use a microwave oven to thaw or heat bottles of breast milk .
  - Microwave ovens do not heat liquids evenly.
  - Uneven heating could easily scald a baby or damage the milk.
  - Bottles may explode if left in the microwave too long.
  - Excess heat can destroy the nutrient quality of the breast milk.
- ◊ Do not re-freeze breast milk once it has been thawed.

### Storage Duration of Fresh Breast Milk:

Location	Temperature	Duration	Comments
Countertop, table	Room temperature (up to 77°F or 25°C)	6–8 hours	Containers should be covered & kept as cool as possible; covering the container with a cool towel may keep milk cooler.
Insulated cooler bag	5-39°F or -15-4°C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
Refrigerator	39°F or 4°C	5 days	Store milk in the back of the main body of the refrigerator.
<b>Freezer</b>			
Freezer compartment of a refrigerator	5°F or -15°C	2 weeks	Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality.
Freezer compartment of refrigerator with separate doors	0°F or -18°C	3–6 months	
Chest or upright deep freezer	-4°F or -20°C	6–12 months	