

## Breast Milk Storage

- Breast milk can be stored in clean BPA-free plastic bottles, glass bottles, or plastic bags labeled for breast milk storage.
- Breast milk expands as it freezes so allow room at the top of the container.
- Label the containers with the date and time.
- Milk Storage Guidelines:
  - Breast milk that has been in the refrigerator for four days or less can be frozen.
  - Freeze milk in small amounts of two to four ounces to avoid wasting the milk.
  - Store the milk in the back, behind other foods for the most consistent cold temperatures. Do not store breast milk in door of refrigerator or freezer.
  - After breast milk has been offered to the infant in a bottle or other feeding device, it should be used within two hours for the next feeding. If it has been more than two hours, throw out the breast milk.

	Room Temperature 77 degrees or colder	Refrigerator 40 degrees	Freezer 0 degrees or colder
Fresh Pumped Breast Milk	4 Hours	4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed Breast Milk (Previously Frozen)	1-2 Hours	24 Hours	Never refreeze thawed milk
Leftover from a Feeding	Use within two hours after the baby is finished feeding		

### **Mixing Breast Milk**

You can add breast milk to previously-pumped milk.

1. Chill both containers of breast milk in refrigerator for at least two hours.
2. Pour them together.
3. Seal the container tight and place in refrigerator or freezer.

### **Thawing Breast Milk**

1. Place sealed container in a bowl of warm water or hold it under warm tap water.
2. Place milk in the refrigerator the night before you plan to use it. Refrigerator thawing takes 8-12 hours.
3. Once completely thawed, thawed breast milk can be kept safely in the refrigerator for 24 hours. It should not be re-frozen.
4. After breast milk has been heated, use it within two hours or throw away.
5. Discard any thawed milk within two hours after feeding.
6. Breast milk is not homogenized and cream may rise to the top of the container. The separation of the cream is not a problem. Gently swirl the container to mix the layers together.

**Caution:** **Never** microwave breast milk. Microwaving destroys the protective antibodies and risks burning the baby's mouth and throat.