

BREAST MILK STORAGE GUIDELINES

Guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider.

Type of Breast Milk	Countertop 77°F (25°C) or room temp	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly expressed or pumped	Up to 4 hours	Up to 4 days	Within 6 months is best up to 12 months is acceptable
Thawed, previously frozen	1-2 hours	Up to 1 day (24 hours)	Never refreeze milk that has been thawed
Leftover from a feeding (baby didn't finish the bottle)	Use within 2 hours after baby finished feeding		



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of the Western Great Lakes
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