

# How to safely store breast milk

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It can be kept at room temperature for 6-8 hrs.

It can be kept in a cooler with a frozen gel pack for 24 hrs. It can be stored in a refrigerator for up to 5 days.

It can be stored in a fridge freezer for 6 months.

It can be stored in a deep freezer for 6-12 months.

**Please keep in mind that these guidelines are if the milk was collected under clean conditions, meaning your equipment is clean.**

Remember to label your milk with the date and time.

Keep the milk in the back of the freezer/fridge, not in the door.

**Do not** refreeze thawed milk.

To thaw milk run it under warm water. **Never** use a microwave to warm breast milk. You will end up with very hot spots and could potentially burn your baby's mouth.

Once breast milk is thawed, please use within **24 hrs.**

