



Storage Guidelines

Breastmilk Storage Guidelines (For Healthy Term Babies)					
	Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Self-contained Refrigerator Freezer Unit	Deep Freezer
Freshly expressed breastmilk	4 hours at 66-72°F (19-22°C)	24 hours at 59°F (15°C)	5-7 days at 32-39°F (0-4°C)	3-4 months	6-12 months at 0°F (-19°C)
Thawed breastmilk (previously frozen)	Do not store	Do not store	24 hours	Never refreeze thawed milk	Never refreeze thawed milk

