

# Breast Milk Home Storage Guidelines

## **Containers and Bottles:**

- Wash hands before touching your breasts or milk containers.
- Use glass containers, hard plastic containers marked with # 1, 2, 4 or 5, or breast milk storage bags. Wash containers in hot soapy water, rinse well before use. Discard any chipped or cracked containers.
- Date the container before storing milk. Plan to use oldest milk first.

## **Pumped milk can be stored:**

Where	Temperature	How Long
in a warm room	up to 77 degrees F (25 degrees C)	up to 8 hours
at room temperature	66-72 degrees F (18-22 degrees C)	up to 10 hours
in a cooler	60 degrees F (15 degrees C)	up to 24 hours
refrigerated	32-39 degrees F (0-3 degrees C)	for 5-7 days

## **Pumped milk can be frozen:**

Where	How Long
in a freezer compartment inside a refrigerator	up to 2 weeks
in a self-contained freezer unit of the refrigerator (separate doors)	for 3-4 months
in a deep freeze (constant 0 degrees F, -17 degrees C)	for 6-12 months

## **Handling Milk:**

- Chill fresh milk before adding to cold milk or frozen milk. Always add a smaller amount of cooled milk to frozen milk.
- To use frozen milk, thaw in the refrigerator or cooler and use within 24 hours. To quickly thaw frozen milk, thaw in warm water and use within 4 hours.
- For a young infant, bring milk to room temperature with warm water. An older baby does not need milk to be warmed.
- Do NOT microwave breast milk! Microwaving creates hot spots that can burn baby and destroys important nutrients and antibodies.