

Human Milk Storage Guidelines

STORAGE LOCATIONS AND TEMPERATURES

TYPE OF BREAST MILK	Countertop 77° F (25°C) or colder	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 <i>(up to 12 months is acceptable)</i>
Thawed, Previously Frozen	1-2 Hours	24 Hours	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding	If baby does not finish a bottle, use remaining milk within 2 hours of the feeding		

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

Find more breastfeeding resources at: WICBreastfeeding.fns.usda.gov & www.cdc.gov/breastfeeding or contact FHN Memorial Hospital OB Department at 815-599-6221.

