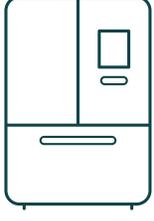
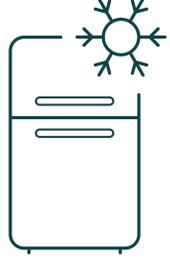


How To Store Your Breast Milk

STORAGE LOCATIONS AND TEMPERATURES

	COUNTERTOP/ ROOM TEMP  77°F (25°C) or colder (Room Temperature)	INSULATED MILK CHILLER OR COOLER WITH ICE  5°-39°F	REFRIGERATOR  40°F (4°C)	FREEZER  0°F (-18°C) or colder	
TYPE OF BREAST MILK	FRESHLY PUMPED, COLLECTED OR EXPRESSED	UP TO 4 Hours	UP TO 24 Hours	Up to 4 Days	Within 6 months is best. Up to 12 months is acceptable.
	THAWED, PREVIOUSLY FROZEN	1-2 Hours	UP TO 24 Hours	UP TO 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed.
	LEFTOVER FROM A FEEDING (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding.			
<p>Combining Milk from Different Sessions - make sure you are combining milk at the same temperature; date stored milk from the oldest batch.</p>					

*Recommended storage times are important to follow for best quality.

Our classes and accompanying materials are intended for general education purposes and should not replace medical evaluation or consultation. Please seek advice from your own healthcare providers for individualized recommendations.