

HOW TO STORE YOUR BREAST MILK

Room Temperature

Storage Time:

4 - 6 Hrs

Contents should be covered and kept as cool as possible.

Temp: 66° - 78° F

Insulated Cooler Bag

Storage Time:

24 Hrs

Keep ice packs in constant contact with milk containers.

Temp: 5° - 39° F

Refrigerator

Storage Time:

72 Hrs

Store milk in the back of the refrigerator.

Temp: 5° F

Freezer

Storage Time:

3 - 6 Months

Store milk in the back of the freezer away from the sides.

Temp: 0° F

Deep Freezer

Storage Time:

6 - 12 Months

After thawing, do not refreeze.

Temp: -4° F

