

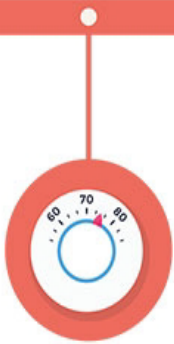
# HOW TO STORE YOUR BREAST MILK

## Room Temperature

Storage Time:

**4 hrs optimal**  
**6–8 hrs acceptable**  
under very clean conditions

Temp: 60-85°F



## Thawed Previously Frozen Milk

Use within **24 hours.**  
Do not refreeze

## Insulated Cooler Bag

Storage Time:

**24 hrs with icepacks** in constant contact with milk containers

Temp: 5-39°F



## Refrigerator

Storage Time:

**4 days optimal**  
**5–8 days** under very clean conditions

Temp: 39.2°F



## Freezer

Storage Time:

**6 months optimal**  
**12 months acceptable**

Temp: 24.8°F



## Deep Freezer

Storage Time:

**Up to 12 months**

Temp: -4°F or colder



## Unfinished Milk

Room temp for **2 hours**  
or, if refrigerated,  
until the next feed