

HUMAN MILK STORAGE

	Temperature	Storage Time
Freshly Expressed Milk	Warm Room: 80-90 °F/ 27-32°C	3-4 hours
	Room Temp: 61-79 °F/ 16-26°C	4-8 hours
	Insulated Cooler/Ice Packs: 59 °F/ 15°C	24 hours
Refrigerated Milk	Refrigerator (fresh milk): 32-39 °F/ 0-4°C	3-8 days
	Refrigerator (thawed milk): 32-39 °F/ 0-4°C	24 hours
Frozen Milk	Freezer compartment inside refrigerator (old style): varies°	2 weeks
	Self contained freezer: <39°F/<4°C	6 months
	Separate deep freeze	12 months

These guidelines are for milk expressed for a full-term, healthy baby. If baby is seriously ill and/or hospitalized, discuss storage guidelines with baby's doctor.

Thawing/Warming Human Milk

To thaw milk:

- Thaw slowly in the refrigerator (this takes about 12 hours - try putting it in the fridge the night before you need it. Avoid letting milk sit out at room temperature to thaw.
- For quicker thawing, hold container under running water - start cool and gradually increase temperature.

Previously frozen milk may be kept in the refrigerator for up to 24 hours after it has finished thawing. Do not refreeze!

To warm milk:

- Heat water in a cup or other small container, then place frozen milk in the water to warm; or
- Use bottle warmer.
- NEVER microwave human milk or heat it directly on the stove.

The cream will rise to the top of the milk during storage. Gently swirl milk (do not shake) to mix before checking temperature before offering to baby.

If baby does not finish milk in one feeding, it is probably safe to refrigerate and offer within 1-2 hour before it is discarded.