



Freshly Expressed Breastmilk Storage Guidelines (for healthy term babies)

Room temperature: Up to 6 hours at 66-78 degrees F.

Refrigerator: Up to 5 days at 39 degrees F. or lower.

Freezer: Up to 6 months at 0 degrees F.

Deep Freezer: Up to 12 months at -4 degrees F. or colder

Breastmilk Thawed in Refrigerator: Use within 24 hours

Breastmilk Thawed in Warm Water: Feed within 1 hour, discard after feeding.