

Breast Milk Home Storage Guidelines

Containers and Bottles:

- Wash hands before touching your breasts or milk containers.
- Use glass containers, hard plastic containers marked with # 1, 2, 4 or 5, or breast milk storage bags. Wash containers in hot soapy water, rinse well before use. Discard any chipped or cracked containers.
- Date the container before storing milk. Plan to use oldest milk first.

Pumped milk can be stored:

WHERE	TEMPERATURE	HOW LONG
in a warm room	up to 77 degrees F	up to 8 hours
at room temperature	66-72 degrees F	up to 10 hours
in a cooler	60 degrees F	up to 24 hours
refrigerated	32-39 degrees F	for 5-7 days



Pumped milk can be frozen:

WHERE	HOW LONG
in a freezer compartment inside a refrigerator	up to 2 weeks
in a self-contained freezer unit of the refrigerator (separate doors)	for 3-4 months
in a deep freeze (constant 0 degrees F)	for 6-12 months

Handling Milk:

- Chill fresh milk before adding to cold milk or frozen milk. Always add a smaller amount of cooled milk to frozen milk.
- To use frozen milk, thaw in the refrigerator or cooler and use within 24 hours. To quickly thaw frozen milk, thaw in warm water and use within 4 hours.
- For a young infant, bring milk to room temperature with warm water. An older baby does not need milk to be warmed.
- Do NOT microwave breast milk! Microwaving creates hot spots that can burn baby and destroys important nutrients and antibodies.

*Washington County
Breastfeeding Coalition*

<http://www.livinghealthywc.org/Breastfeeding.html>

Duplicate as needed 3/2013

LivingHealthy
IN WASHINGTON COUNTY