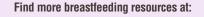
Human Milk Storage Guidelines

STORAGE LOCATIONS AND TEMPERATURES

TYPE OF BREAST MILK	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40 °F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1–2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed

Use within 2 hours after the baby is finished feeding

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider.



Leftover from a Feeding

(baby did not finish the bottle)

