

TABLE 1. MILK STORAGE GUIDELINES

<i>Location of storage</i>	<i>Temperature</i>	<i>Maximum recommended storage duration</i>
Room temperature	16–29°C (60–85°F)	3–4 hours optimal 6–8 hours acceptable under very clean conditions
Refrigerator	≤4°C (39°F)	72 hours optimal 5–8 days under very clean conditions
Freezer	<–17°C (0°F)	6 months optimal 12 months acceptable

Source: Academy for Breastfeeding Medicine, Dr Julie Ware, Cincinnati Children's Hospital.