



STORING BREASTMILK

BREASTMILK STATUS	STORAGE AT ROOM TEMPERATURE (26°C OR LOWER)	STORAGE IN REFRIGERATOR (5°C OR LOWER)	STORAGE IN FREEZER
Freshly expressed into sterile container	6-8hrs If refrigeration is available, store milk there	No more than 72hrs Store at back, where it is coldest	<ul style="list-style-type: none">• 2 weeks in freezer compartment inside refrigerator (-15°C)• 3months in freezer section of refrigerator with separate door (-18°C)• 6-12months in deep freeze (-20°C)
Previously frozen (thawed)	4hrs or less - that is, the next feeding	24hrs	Do not refreeze
Thawed outside refrigerator in warm water	For completion of feeding	4hrs or until next feeding	Do not refreeze
Infant has begun feeding	Only for completion of feeding Discard after feed	Discard	Discard