

# storage guidelines

## B R E A S T M I L K

	fresh PUMPED MILK	thawed PREVIOUSLY FROZEN
room temp 77° F / 25 ° C or cooler	up to 4 HOURS	up to 2 HOURS
cooler with ice packs	up to 24 HOURS	up to 24 HOURS
refrigerator 40° F / 4° C	up to 4 DAYS	up to 24 HOURS
freezer 0° F / -18° C	up to 6 MONTHS	NEVER refreeze
deep freezer 0° F / -18° C	up to 12 MONTHS	NEVER refreeze

## tips

- If baby doesn't finish a bottle, use that milk within 2 hours
- Freeze milk in 2-4 ounce increments to avoid waste
- Thaw milk in the fridge or by placing in lukewarm water