

Storing Breastmilk

Fresh Breastmilk

Getting Ready:

1. Wash hands.
2. Wash breast pump equipment in hot, soapy water; air dry.
3. Pour breastmilk into a clean container for storage; glass, plastic bottles, or double plastic bags.
4. Label with date and baby's name.

Handling:

1. Bring breastmilk to room temperature by running it under warm water or place it in a bowl of warm water.
2. Mix well.
3. Give to baby right away; throw away any milk left over.
4. Do not microwave or boil breastmilk.

Storage:

1. Put in refrigerator or cooler within 3 hours of expressing.
2. Use fresh milk within 2 days or freeze.



Frozen Breastmilk

Getting Ready:

1. Freeze breastmilk in 2 to 4 ounce portions leaving extra room at the top because it will expand when frozen.
2. You can add fresh milk to already frozen breastmilk. First, cool expressed milk in refrigerator. The amount of cooled milk you will add should be less than what is already frozen.
3. Store frozen breastmilk in the back of the freezer.

Handling:

1. Frozen breastmilk separates - it is normal.
2. Thaw frozen breastmilk under cool running water, then place in a bowl of warm water until thawed. Mix well.
3. Never refreeze thawed breastmilk.
4. Throw away any unused milk.

Storage:

1. 2 weeks if your freezer does not have a separate door.
2. 3 months if your freezer has a separate freezer door.
3. 6 months in deep freeze (0 degrees F).

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	Room temperature	Refrigerator	Freezer	Deep Freezer
Fresh milk	3 hours	2 days	3 months	6 months
Thawed milk (from frozen)	1 hour	1 day	Never refreeze	Never refreeze



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Tips For Mom And Baby