

## Human (Breast) Milk Storage Duration Guidelines Reference Card

	Temperature	Duration
<b>Fresh Expressed Breast Milk</b>		
Warmer Temperature	80-90°F or 27-32°C	3-4 hours
Room Temperature	up to 77°F or 25°C	6-8 hours
Insulated cooler/ice pack	5-39°F or -15-4°C	24 hours
Refrigerator (fresh)	39°F or 4°C	5 days
Refrigerator (thawed)	39°F or 4°C	24 Hours
<b>Freezer</b>		
Freezer compartment of a refrigerator	5°F or -15°C (May Vary)	2 weeks
Freezer compartment of refrigerator with separate doors	0°F or -18°C	3-6 months
Self-contained freezer unit of a refrigerator/freezer	<39°F / <4°C	6 months
Chest or upright deep freezer	-4°F or -20°C	6-12 months

### Helpful Information

#### **Thawing Breast Milk:**

For later use put in fridge where it takes up to 24 hours to thaw. Make sure to place breast milk bags in a ziplock bag or a bowl in case the bag leaks when thawing. Immediate use can be done by taking frozen breast milk and either putting under cool water and gradually warming up or place in a bowl of warm water  
*\*Never warm or thaw in microwave or stove. Do not refreeze fully thawed breast milk*

#### **Combining Breast Milk:**

It's ok to combine breast milk of the same temperature. Avoid combining breast milk if one is warmer than the other, as that will damage the breast milk. Wait for one to cool or the other to get to room temperature too. You can tell if breast milk is spoiled by tasting it or smelling it. If it doesn't taste or smell sour then it's still good.

#### **Feeding:**

Gently swirl (never shake) any breast milk where the cream has settled on top. Then check temperature and warm if needed before serving to baby. Any unfinished breast milk is likely still safe to refrigerate and serve within one to two hours before tossing out.

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