

# How to Store Breast Milk

*If you are returning to work or school,  
you can pump your milk while you are away from home.*

Store your freshly pumped or expressed breast milk in a clean, sealed container.



4 hours



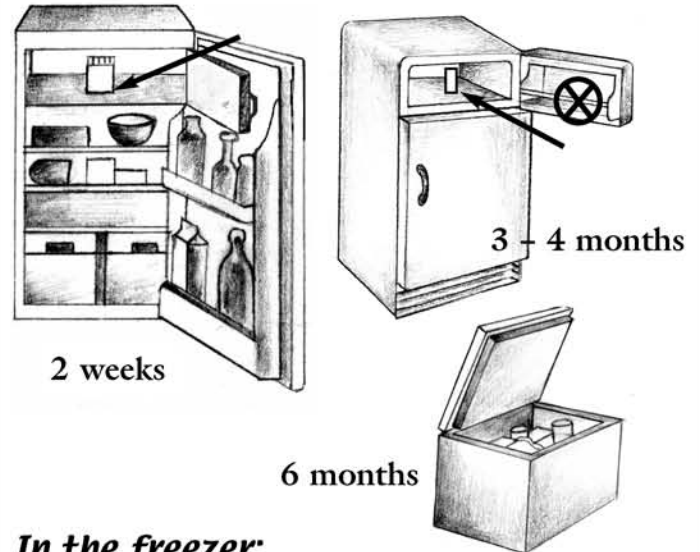
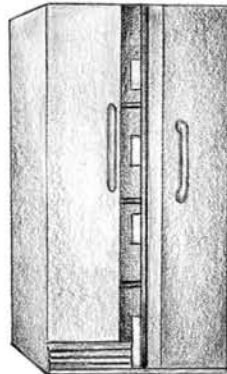
24 hours

## **Outside the refrigerator:**

- ♥ Pumped or expressed milk will keep for 4 hours, if it is cooler than 100° F.
- ♥ When possible, put the pumped or expressed milk in a cooler with an ice pack until it can be refrigerated.
- ♥ Pumped or expressed milk may be kept in a cooler with an ice pack for up to 24 hours.

## **In the refrigerator:**

- ♥ Store the breast milk in the center of the refrigerator, not in the door.
- ♥ Use the fresh pumped or expressed breast milk within 5-8 days.
- ♥ Freeze your pumped or expressed breast milk if it will not be used within the 5 days.



## **In the freezer:**

- ♥ Frozen breast milk stored in a freezer compartment *inside* the refrigerator will keep up to 2 weeks.
- ♥ Frozen breast milk stored in the freezer compartment with a separate door will keep up to 3 – 4 months.
- ♥ Frozen breast milk stored in a separate deep freeze at a constant temperature of 0° F will keep for 6 months or longer.

## **Defrosting frozen milk:**

- ♥ Defrost the frozen milk in the refrigerator or under warm running water.
- ♥ Do not defrost it in the microwave or boil it on the stove.
- ♥ Defrosted milk stored in the refrigerator must be used within 24 hours.
- ♥ Defrosted milk kept at room temperature should be used within 1 hour.
- ♥ Do not refreeze defrosted milk.

## **Tips on Using Expressed Breast Milk:**

- ♥ Breast milk will separate naturally — the milk is still good. Just shake it to mix it.
- ♥ Throw away leftover breast milk after a feeding.