Breast Milk Storage

HOW LONG IT KEEPS, CDC TIMES

NAME _____

POSTED _____

MILK	HOW LONG
Freshly pumped, at room temperature 77°F (25°C) or colder	Up to 4 hours
Freshly pumped, in an insulated cooler with ice packs while traveling; then use, refrigerate or freeze	Up to 24 hours
Freshly pumped, in the refrigerator 40°F (4°C)	Up to 4 days
Freshly pumped, in the freezer 0°F (-18°C) or colder	About 6 months is best; up to 12 months is acceptable
Thawed in the refrigerator counted from when it is completely thawed, not from when it was pumped; never refreeze	Use within 24 hours
Thawed milk brought to room temperature or warmed never refreeze	Use within 2 hours
Left in the bottle after a feeding	Use within 2 hours, then discard

Count from the time the milk was pumped. Thawed milk counts from when it is completely thawed, not from when it was pumped, and is never refrozen.

Container labels

PUMPED _____ TIME _____
AMOUNT _____ USE BY _____

PUMPED _____ TIME _____
AMOUNT _____ USE BY _____

PUMPED _____ TIME _____
AMOUNT _____ USE BY _____

PUMPED _____ TIME _____
AMOUNT _____ USE BY _____

PUMPED _____ TIME _____
AMOUNT _____ USE BY _____

PUMPED _____ TIME _____
AMOUNT _____ USE BY _____

General information, not medical advice. Source: CDC, Breast Milk Storage and Preparation.