

# Storage Guidelines for Breast Milk



Expressed Breast Milk at:	Room Temperature	In the Refrigerator	In the Freezer
Fresh Expressed Breast Milk	Up to 6 hours at 60-85 °F /16-29 °C	Up to 4-8 days at or colder than 39 °F /4 °C	Up to 12 months in a deep freezer at -4 °F /-20 °C or colder. The milk is best if used before three months. The older the milk, the more the infant will benefit from additional vitamins.
Milk Thawed (no ice crystals) in the refrigerator but not warmed	Up to 4 hours	Up to 24 hours	Do not refreeze
Milk that was frozen and is now room temperature	Up to an hour	Up to 4 hours	Do not refreeze
Milk that the infant has partially taken from the bottle/cup/SNS	Up to an hour	Up to 4 hours	Do not refreeze

Source: Jones, F. (2011). Best practice for expressing, storing and handling human milk in hospitals, homes and child care settings (3rd ed.). Fort Worth, TX: Human Milk Banking Association of North America, Inc.