

## STORAGE GUIDELINES FOR HUMAN MILK

*These guidelines are for mothers who are expressing milk for a full-term healthy baby. Use clean containers, and wash your hands with soap and water before expressing. or pumping. When providing milk for a baby who is seriously ill and/or hospitalized, check with healthcare providers for instructions.*

Where stored	Storage temperature (degrees Fahrenheit)	Storage temperature (degrees Centigrade)	How long
At room temperature	60 degrees F	15 degrees C	24 hours
At room temperature	66-72 degrees F	19-22 degrees C	10 hours
At room temperature	79 degrees F	25 degrees C	4-6 hours
In a refrigerator	32-39 degrees F	0-4 degrees C	8 days
In a freezer compartment inside a refrigerator			2 weeks
In a self-contained freezer unit of a refrigerator			3-4 months
In a separate deep freeze with a constant temperature	0 degrees F	-19 degrees C	6 months or longer

## SAVE? OR DUMP?

Type of Milk	Save or Dump?	Why
Milk remaining in the bottle that has been offered to baby	Use for next feeding, otherwise discard.	Bacteria from the baby's mouth may have entered the milk during the feeding. This may lead to bacterial contamination if it sets too long (though as yet there is no research available).
Milk that has been thawed	Save in the refrigerator for 24 hours after thawing, then discard. Do not refreeze.	Milk that has been frozen has lost some of the immune properties that inhibit bacterial growth in fresh refrigerated milk.
Milk that has been kept in the refrigerator for eight days	Transfer to storage in the freezer, or discard.	Bacterial growth is not a problem, but milk sometimes picks up odors or flavors from the refrigerator or the container.