



Breastmilk Storage

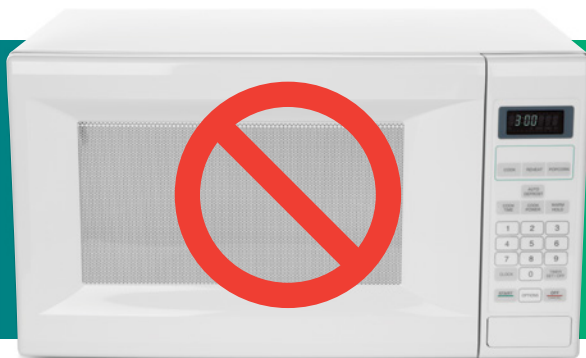
3/18 3oz.

How do I store breastmilk?

- Wash hands before expressing or pumping breastmilk into clean bottles or breastmilk bags.
- Store about 2–5 ounces per bottle or bag for the first 6 months.
- Once your baby starts solid foods the amount that you will need to store for your baby may decrease.
- Label containers with the date pumped. Add baby's name if storing at work or school.
- At work or school, store breastmilk in a refrigerator. Use an insulated cooler bag with frozen icepacks for up to 24 hours when you are traveling.
- Thaw breastmilk under running water that is gradually warmed, or in a bowl of warm water.
- Use the oldest milk first.



**Never
microwave
breastmilk!**



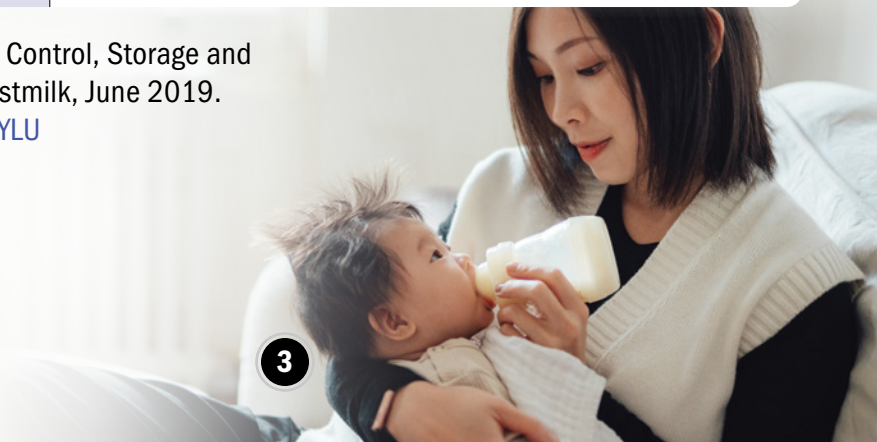
Breastmilk storage guidelines for healthy full-term babies

Storage Locations and Temperatures

Type of Breastmilk	Countertop 77° F (25° C) or colder (room temperature)	Refrigerator 40° F (4° C)	Freezer 0° F (-18° C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day (24 hours)	Never refreeze human milk after it has been thawed
Leftover From a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

Centers for Disease Control, Storage and Preparation of Breastmilk, June 2019.

<https://bit.ly/2dxVYLU>





California Department of Public Health, California WIC program

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