

EXPRESSED BREAST MILK STORAGE GUIDE

Anything you store your expressed breastmilk in should be 'food-grade' and BPA-free:

- plastic bags
- baby-feeding bottles
- plastic cups with tight-fitting lids
- small glass jars.

BREASTMILK/ COLOSTRUM	ROOM TEMPERATURE ($\leq 26^{\circ}\text{C}$)	REFRIGERATOR ($\leq 5^{\circ}\text{C}$)	FREEZER
Fresh	6 to 8 hours. If refrigeration is available, store milk there	No more than 72 hours. Store at the back, where it is coldest	2 weeks in freezer compartment inside refrigerator (-15°C) 3 months in freezer section of refrigerator with separate door (-18°C) 6 to 12 months in deep freeze (-20°C^*)
Frozen & thawing	4 hours or less (i.e. the next feeding)	Store in refrigerator for 24 hours. Timer starts once fully thawed	Do not refreeze
Thawing & in warm water	For completion of feeding	Hold for 4 hours or until next feeding	Do not refreeze
Baby has begun feeding	Only for completion of feeding, then discard	Discard	Discard