

Guide to Storing Fresh Breast Milk for Use with Healthy Full-Term Infants

Place	Temperature	How Long	Things to Know
Countertop, Table	Room temp (60°F - 85°F)	Up to 3-4 hours is best. Up to 6-8 hours okay for very clean expressed milk.	Containers should be covered and kept as cool as possible; covering the container with a clean cool towel may keep milk cooler. Throw out any leftover milk within 1 to 2 hours after the baby is finished feeding.
Small cooler with a blue-ice pack	59°F	24 hours.	Keep ice packs in contact with milk containers at all times; limit opening cooler.
Refrigerator	39°F or colder	Up to 72 hours is best. Up to 5-8 days is okay for very clean expressed milk.	Store milk in the back of the main body of the refrigerator.
Freezer	0°F or colder	Up to 6 months is best. Up to 12 months is okay.	Store milk toward the back of the freezer where temperature is most constant. Milk stored at 0°F or colder is safe for longer durations, but the quality of the milk might not be as high.

Guide to Storing Thawed Breast Milk

	Room temperature	Refrigerator	Any Freezers
Thawed Breast Milk	Up to 1-2 hours is best.	24 hours.	Do not re-freeze.