




Healthy Babies, Happy Moms

BREAST MILK STORAGE GUIDELINES

	ROOM TEMPERATURE	IN COOLER W/ICE PACKS	REFRIGERATOR	FREEZER
 FRESHLY EXPRESSED	UP TO 4 HOURS	UP TO 24 HOURS	UP TO 4 DAYS	6-12 MONTHS
 THAWED (PREVIOUSLY FROZEN)	UP TO 2 HOURS	UP TO 24 HOURS	UP TO 24 HOURS	NEVER REFREEZE
 LEFTOVER FROM A FEEDING	USE WITHIN 2 HOURS AFTER BABY FINISHED FEEDING			

For more information, or to speak with a lactation consultant, contact us at:

401-884-8273 or visit HealthyBabiesHappyMoms.com

Reference: cdc.gov/breastfeeding