

Guidelines for Storing Breast Milk



When milk arrives...

Refrigerate immediately.



Refrigerated milk

Store at \leq _____ °F
up to _____ hours.



Frozen milk

Store in freezer of two-door fridge at
 \leq _____ °F for up to _____ months.



Thawed milk

Store in fridge up to _____ hours.
Do NOT refreeze breast milk.



After a feeding...

Throw out any
unused milk.



First 5[™]
San Diego

