

BREASTMILK STORAGE GUIDELINES

Freshly Expressed Milk

- Room Temperature: Up to 4 hours
- Refrigerator: Up to 4 days
- Frozen: 6–12 months
- Soft cooler (insulated bag) with ice packs: 24 hours



Leftover Milk (from a feeding)

- Use within 2 hours of onset of feeding
- If mixed with formula, discard after 1 hour of onset feeding



Frozen Milk

- Once thawed: 1–2 hours at room temperature
- Once thawed: 24 hours in the fridge
- **Do not refreeze frozen milk**

