



BREASTMILK STORAGE GUIDELINES



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Location	Duration	Additional Info
Counter Top (60-85°F/16-29°C)	4-8 Hours	4 hours is optimal but 6-8 hours is acceptable under clean conditions + moderate temps; Remember, warmer temperatures are associated with faster bacterial growth.
Cooler bag with ice packs (59°F/15°C)	24 Hours	All containers with human milk should be well sealed to prevent contamination, no matter the storage location.

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Location	Duration	Additional Info
Refrigerator (39.2°F/4°C)	4-8 Days	4 days is optimal but up to 5- 8 days is acceptable under clean conditions
Freezer (24.8°F/-4°C)	6-8 Months	<p>6 months is optimal, but up to 12 months is acceptable.</p> <p>Store milk in the back of the freezer to prevent intermittent rewarming due to freezer door opening.</p> <p>Keep away from the walls of self-defrosting freezers.</p> <p>Frozen milk is safe from bacterial contamination indefinitely; however, the quality of stored breast milk may diminish after recommended storage periods.</p>

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SOME IMPORTANT TIPS

- It's recommended to fill the container to about 2/3 of its capacity always.
- Don't mix the freshly expressed warm milk with already cool or frozen milk.
- To thaw frozen milk, first place the container in the refrigerator overnight, then warm it in a double boiler or use a waterless milk warmer.
- Once the milk is thawed and brought to room temperature, use it within 2 hours.
- NEVER MICROWAVE, it can cause the milk to heat unevenly and the milk may go rancid.

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