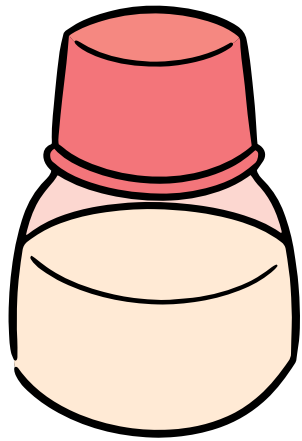


Wait...how long
can this milk
sit on the
counter for?

A Quick Human Milk Storage Guide



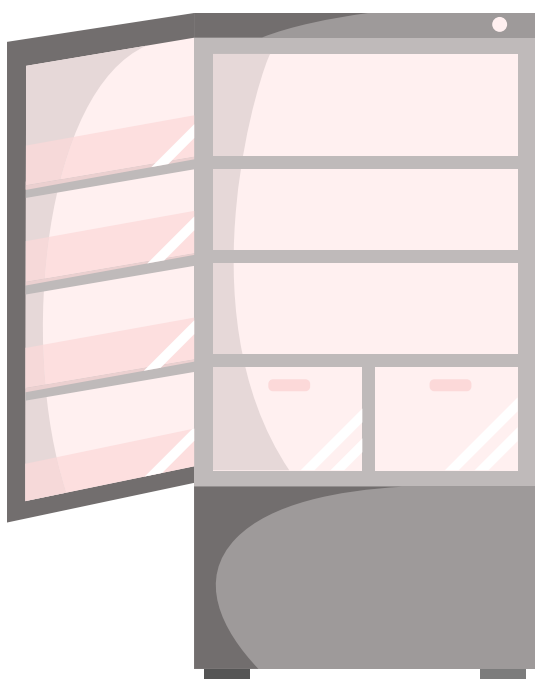
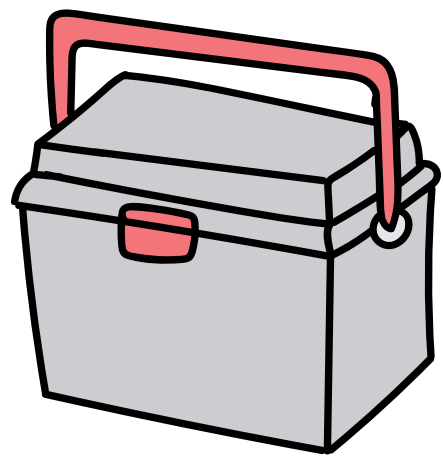
Storing Freshly expressed Human Milk



At Room
Temperature
4 to 6 hrs

INSULATED
COOLER

with ice packs
24hrs



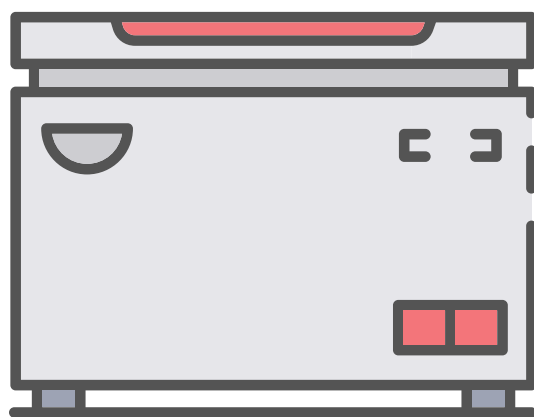
REFRIGERATOR

3 to 5 days

*never store in the doors,
place at the back of the
shelf*

NORMAL
FREEZER

3 to 6
months



DEEP
FREEZER

6 to 12
months

Defrost frozen milk in fridge or in a warm (not scalding) water bath, never at room temperature. Always defrost oldest expressed milk first. Defrosted milk should be used within 48hrs and stored in the fridge. Left over milk after a feed can be stored in your fridge and used at a later feed within the same 24hr period. Human milk should not be boiled or microwaved. Human milk should be gently stirred/swirled/shaken to combine the separated fat and liquid in your milk.

Extra Tip: Lay bags of milk to freeze on a flat surface, like a baking sheet or bottom of a freezer drawer, and not directly over metal racks.