

Storing Expressed Breast Milk

Breast Milk	Room Temperature (26 degrees or lower)	Refrigerator (4 degrees or lower)	Freezer
Breast milk freshly expressed into clean container	6-8 hours If refrigeration is available, store milk there	72 hours Store at the back where it is the coldest, away from any strong smelling foods.	2 weeks in freezer compartment inside refrigerator 3 months in freezer section of refrigerator with separate door 6-12 months in deep freeze (-18 degrees or lower)
Breast milk previously frozen - thawed in refrigerator but not warmed	4 hours or less – or until next feed	24 hours	Do not freeze
Breast milk thawed outside refrigerator in warm water	For completion of the feed	4 hours or until next feed	Do not freeze
Infant has begun feeding	Only for completion of feed then discard	Discard	Discard
<p>Tips:</p> <ul style="list-style-type: none"> • Ensure hands are clean and containers are sterile either by boiling, steaming or chemical • Cool your breastmilk in the fridge before adding to another lot of expressed breast milk (EBM) • Always add cold milk to cold milk • Write the date and time on the container • Use the oldest breastmilk first • NEVER refreeze breastmilk which has already been defrosted • The safest way to defrost breastmilk is in the fridge. If in a hurry, breast milk can be defrosted in a jug of warm water. NEVER HEAT IN BOILING WATER 			