



TIPS FOR STORING BREASTMILK

EVERY OUNCE COUNTS

- Breastmilk can be stored in a plastic or glass bottle with a tight-fitting lid, or in a heavy-duty sterile, sealable bag.
- Store breastmilk in amounts that you use every day.
- Label the containers with the date the milk was pumped and your baby's name.
- Thaw breastmilk in the refrigerator or by placing the container under warm water.
- Never microwave or boil breastmilk.
- Do not refreeze breastmilk once it has been thawed.

BREASTMILK STORAGE GUIDELINES	Best used within	Still safe to use within
Insulated cooler bag	24 hours	24 hours
Refrigerator	3 days	5 days
Freezer section inside a refrigerator	2 weeks	2 weeks
Freezer with a separate door or deep freezer	6 months	12 months

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