



## How to Store Breast Milk

<b>Storing Breast Milk</b>		
<b>If my breast milk is stored...</b>	<b>At this temperature...</b>	<b>I can keep it for...</b>
At room temperature	60 degrees F	24 hours
At room temperature	66–72 degrees F	10 hours
At room temperature	79 degrees F	4–6 hours
In a refrigerator	32–39 degrees F	4 days
In a freezer compartment of a refrigerator		2 weeks
In a self-contained freezer unit of a refrigerator		3–4 months
In a separate deep freeze with a constant temperature	0 degrees F	6 months or longer

### How do I know what to save or dump?

<b>Type of milk</b>	<b>Save or dump?</b>	<b>Why?</b>
Milk that is left over in the bottle after you've given it to your baby	Dump	Bacteria from your baby's mouth gets in milk during feeding. Bacteria can lead to milk contamination
Milk that you've thawed	Keep in the refrigerator for 24 hours, then dump. Never refreeze milk.	Frozen milk loses some immune properties that inhibit bacterial growth.
Milk that has been kept in the refrigerator for 4 days	Transfer to storage in the freezer, or dump	Bacterial growth is not a problem, but milk can pick up odors or flavors from the refrigerator or the container.