

## Human Milk Storage Information

### Storage Guidelines

Storing milk in 2-4 ounce amounts may reduce waste. Refrigerated milk has more anti-infective properties than frozen milk. Cool milk in refrigerator before adding to frozen milk.

Human milk can be stored

- at room temperature (66-72°F, 19-22°C) for up to 10 hours
- in a refrigerator (32-39°F, 0-4°C) for up to 8 days
- in a freezer compartment inside a refrigerator (variable temperature due to the door opening frequently) for up to 2 weeks
- in a freezer compartment with a separate door (variable temperature due to the door opening frequently) for up to 3 to 4 months.
- in a separate deep freeze (0°F, -19°C) for up to 6 months or longer.

### *What Type of Container to Use*

Refrigerated or frozen milk may be stored in:

- hard-sided plastic or glass containers with well-fitting tops
- freezer milk bags that are designed for storing human milk

Disposable bottle liners are not recommended.

### *How to Warm the Milk*

Thaw and/or heat under warm, running water. Do not bring temperature of milk to boiling point. Gently swirl milk before testing the temperature. Swirling will also redistribute the cream into the milk. (It is normal for stored milk to separate into a cream and milk layer.) **Do not use a microwave oven to heat human milk.**

### *Thawed Milk*

If milk has been frozen and thawed, it can be refrigerated for up to 24 hours for later use. It should not be refrozen. It is not known whether milk that is left in the bottle after a feeding can be safely kept until the next feeding or if it should be discarded. Expressed milk can be kept in a common refrigerator at the workplace or in a day care center. The US Centers for Disease Control and the US Occupational Safety and Health Administration agree that human milk is not among the body fluids that require special handling or storage in a separate container.