

STORAGE OF BREAST MILK/COLOSTRUM

RECOMMENDED STORAGE TIMES ARE IMPORTANT TO FOLLOW FOR BEST QUALITY

STORAGE LOCATIONS AND TEMPERATURES

TYPES OF BREAST MILK or COLOSTRUM

**Freshly
Expressed or
Pumped**

**Thawed,
Previously
Frozen**

**Leftover from
a Feeding**
(baby did not
finish the
bottle)

Countertop

77 F (25 C) or colder
(room temperature)

Up to 4 Hours

1-2 Hours

Refrigerator

40 F (4 C)

Up to 4 Days

Up to 1 Day
(24 hours)

Freezer

0 F (-18 C) or colder

Within 6 months
is best
Up to 12 months
is acceptable

Never refreeze after
it has been thawed

Use within 2 hours after the baby is finished feeding

DO store in breast milk storage bags or clean, food-grade containers. Make sure containers have tight fitting lids or closures.
DO label breast milk/colostrum with date and time expressed.
DO NOT store breast milk/colostrum in disposable bottle liners or plastic bags that are not intended for storing breast milk/colostrum.