



COLD FACTS ON STORING BREASTMILK

Fresh Milk

- Milk pumped on the same day can be added together to make enough for a feeding.
- Chill the milk as soon as possible and definitely within 4 hours.
- If the milk will be used within 5 days, keep in the refrigerator. Otherwise, freeze it.
- If stored in a cooler with frozen gel packs, use within 24 hours.
- Warm by shaking gently under warm, running water.
- Avoid microwaving, which can cause hot spots and damage the milk.

Frozen Milk

- Label and date bottles or bags.
- Don't add fresh milk to frozen milk.
- Use within 6 months if stored in a self-defrosting freezer.
- Use within 12 months if stored in a zero degree, standard freezer.
- Defrost by shaking gently under warm, running water.
- Keep thawed milk in the refrigerator and use within 24 hours.
- Do not refreeze thawed milk.

MORE TO KNOW . . .

- Wash hands with soap and water before pumping or preparing bottles.
- Store milk in 2 ounce or 4 ounce “single-serve” portions, plus a few extra 1-ounce portions for when the baby wants more.
- Don't over fill the storage container.
- When all the milk isn't taken at a feeding, discard if not taken within the next 2 hours.

**For more help, call the county health department or the
Arkansas WIC Breastfeeding Help-line at 1-800-445-6175.**

Information adapted from the USDA Children's Research Center at Baylor College of Medicine, Houston Texas.

