Storing Breastmilk

Wash your hands.

Pump milk into clean containers.

Use fresh milk within 4 hours.

Refrigerate for up to 4 days.

Freeze for up to 6 months.

Deep freeze for up to 12 months.

Freeze in containers or bags made for breastmilk.

Thaw milk in a bowl of warm water. Never microwave.

**Storage Temperatures**
- Freshly Pumped / Expressed Human Milk: Up to 4 hours
- Thawed Human Milk: 1-2 hours

<table>
<thead>
<tr>
<th>Tabletop</th>
<th>Refrigerator</th>
<th>Freezer</th>
<th>Deep Freezer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Storage Temperatures</td>
<td>Up to 77°F (25°C)</td>
<td>At or below 40°F (4°C)</td>
<td>0°F (-18°C)</td>
</tr>
<tr>
<td>Freshly Pumped / Expressed Human Milk</td>
<td>Up to 4 hours</td>
<td>Up to 4 days</td>
<td>Up to 6 months</td>
</tr>
<tr>
<td>Thawed Human Milk</td>
<td>1-2 hours</td>
<td>Up to 1 day (24 hours)</td>
<td>After thawing milk, never refreeze it.</td>
</tr>
</tbody>
</table>

*These guidelines are for healthy, full-term babies.*

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AR WIC Breastfeeding Helpline
800-445-6175

www.healthy.arkansas.gov

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