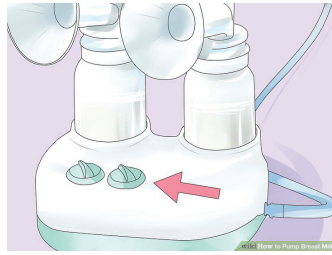


STORING BREASTMILK

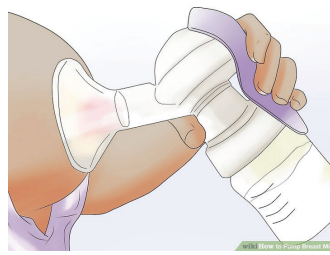


Wash your hands.

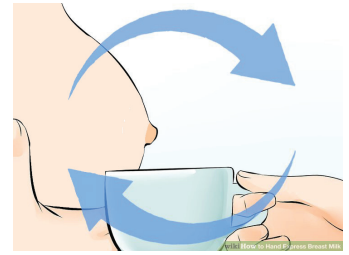
ELECTRIC PUMP



MANUAL PUMP



HAND EXPRESSION

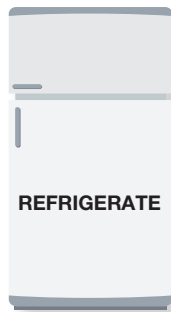


Pump milk into clean containers.



Use fresh milk within 4 hours.

OR



Refrigerate for up to 4 days.

OR



Freeze for up to 6 months.

OR



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.



**AR WIC Breastfeeding Helpline
800-445-6175**



www.healthy.arkansas.gov

This institution is an equal opportunity provider.

	Tabletop	Refrigerator	Freezer	Deep Freezer
Storage Temperatures	Up to 77°F (25°C)	At or below 40°F (4°C)	0°F (-18°C)	At or below -4°F (-20°C)
Freshly Pumped / Expressed Human Milk	Up to 4 hours	Up to 4 days	Up to 6 months	Up to 12 months
Thawed Human Milk	1-2 hours	Up to 1 day (24 hours)	After thawing milk, never refreeze it.	

Adapted from USDA.

*** THESE GUIDELINES ARE FOR HEALTHY, FULL-TERM BABIES.**

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