



# BREASTMILK STORAGE CHART

## Countertop

**TEMP: 77 DEGREES OR COLDER**

**FRESH: 4 HOURS**

**THAWED: 1-2 HOURS**

These guidelines are for healthy full-term babies and may vary for premature or sick babies.

Check with your healthcare provider. Guidelines are for home use only and not hospital use. Do not warm breastmilk in the microwave or on the stove.

CCHD LACTATION WARM LINE:  
715-743-5105 OPTION 4



## Fridge

**TEMP: 40 DEGREES OR COLDER**

**FRESH: UP TO 4 DAYS**

**THAWED: UP TO 24 HOURS**

## Freezer

**STORED AT 0 DEGREES OR COLDER**

**BEST TO USE IN 6 MONTHS,  
12 MONTHS ACCEPTABLE  
WITH CHEST FREEZER**

**NEVER REFREEZE  
MILK AFTER IT HAS  
BEEN THAWED**