

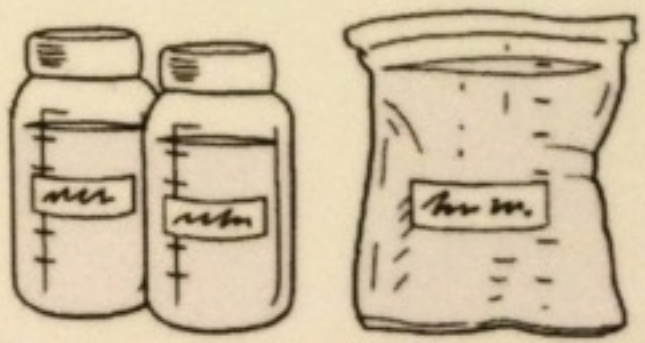
# Tips for Storing Breastmilk

Wash hands before pumping or handling breastmilk.

Swirl, don't shake warmed milk. Always date the milk. Never heat milk in microwave or directly on stove.

## Storing breastmilk safely

4-6 hours	in a warm room (79° F)
10 hours	in a cool room (66-72° F)
24 hours	in an insulated cooler with icepack
8 days	in the refrigerator (32-39° F)
2 weeks	in the freezer section of a one-door refrigerator
3 months	in the freezer section of a two-door refrigerator
6-12 months	in a 0° F deep freeze



Thaw frozen milk in refrigerator and never refreeze it. Store milk in 2-4 oz. amounts to reduce waste.

Use containers that have been washed in hot, soapy water and well rinsed.

Heat milk under warm running water or a bottle warmer.