

Breastmilk Storage Guidelines

Where to Store	Temperature	How Long to Keep	How to Store
room temperature	<ul style="list-style-type: none"> ■ 50 to 85 F ■ 10 to 29 C 	<ul style="list-style-type: none"> ■ Up to 4 hours is best, especially at higher room temperatures. ■ Up to 8 hours at cooler room temperatures. 	<ul style="list-style-type: none"> ■ Keep containers covered and as cool as possible.
insulated cooler bag with ice pack	<ul style="list-style-type: none"> ■ 59 F or cooler ■ 15 C or cooler 	<ul style="list-style-type: none"> ■ 24 hours 	<ul style="list-style-type: none"> ■ Make sure that ice pack touches the milk containers at all times. ■ Limit the number of times you open the cooler bag.
refrigerator	<ul style="list-style-type: none"> ■ 39 F or cooler ■ 4 C or cooler 	<ul style="list-style-type: none"> ■ Up to 72 hours (3 days) is best. ■ Up to 8 days is OK if your refrigerator is very clean. 	<ul style="list-style-type: none"> ■ Keep the milk containers in the back of the main part of the refrigerator (not in the doors).
freezer (compartment of a refrigerator with separate doors)	<ul style="list-style-type: none"> ■ 0 F or cooler ■ -18 C or cooler 	<ul style="list-style-type: none"> ■ Up to 6 months. 	<ul style="list-style-type: none"> ■ Keep the milk containers in the back or the bottom of the freezer.
upright or chest deep freeze	<ul style="list-style-type: none"> ■ -4 F or cooler ■ -20 C or cooler 	<ul style="list-style-type: none"> ■ Up to 12 months. 	<ul style="list-style-type: none"> ■ When milk is stored for longer times, the fats (lipids) will start to break down. The milk is still safe, but the milk quality can be lower.

Guidelines based on the ABM Clinical Protocol #8 Human Milk Storage for Home Use for Full-Term Infants 2010.