

Guidelines for breast milk storage for healthy, term infants

	Room temperature (20°C)	Refrigerator (0 - 4°C)	Freezer* (separate door freezer on fridge) (-18°C)	Deep freezer (-20°C)
Freshly expressed milk	Up to 6 hours	Up to 5 days	Up to 6 months	Up to 12 months
Milk thawed in fridge, but not warmed	Up to 4 hours	Up to 24 hours	Do not refreeze	

*If your freezer compartment is located inside your fridge and keeps ice cream hard, it can be used to store freshly expressed breast milk for up to 1 month.

Questions? Call a Primary Care Nurse