

BREASTMILK STORAGE GUIDELINES



CDC Guidelines for human milk as of 6/2024

	Counter/ Room Temp	Refrigerator	Freezer
Fresh Expressed/ Pumped	Up to 4 Hours	Up to 4 Days	6 mon in Freezer 12 mon in Deep Freezer
Thawed, Previously Frozen	1-2 Hours	24 Hours	NEVER refreeze after being thawed
Leftover from a feeding (baby didn't finish bottle)	Use within 2 hours after the baby is finished with the initial feeding attempt, cannot store/ freeze		

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