



BREAST MILK STORAGE GUIDE



TYPE OF BREAST MILK	 COUNTERTOP 77°F (25°C) OR COLDER (ROOM TEMPERATURE)	 REFRIGERATOR 40°F (4°C)	 FREEZER 0°F (-18°C) OR COLDER
 FRESHLY EXPRESSED OR PUMPED	 Up to 4 hours	 Up to 4 days	 Within 6 months is best, but can be up to 12 months
 THAWED, PREVIOUSLY FROZEN	 1–2 hours	 Up to 1 day (24 hours)	 Never refreeze human milk that has been thawed
 LEFTOVER FROM A FEEDING (BABY DID NOT FINISH)	 Use within 2 hours after the baby finished feeding		



Proper storage helps protect your baby. When in doubt, throw it out.



INFANT FORMULA

STORAGE LOCATION & TEMPERATURE



 TYPE OF FEEDING	 COUNTERTOP 77°F (25°C) or colder (room temperature)	 REFRIGERATOR 40°F (4°C)	 FREEZER
 POWDERED INFANT FORMULA	 Use within 2 hours from preparation (and within 1 hour after the feeding starts).	 Up to 24 hours from preparation.	 Do not freeze.
 LEFTOVER FROM A FEEDING (BABY DID NOT FINISH)	Never save the leftover formula after finishing a feed.		
 Proper storage helps protect your baby. When in doubt, throw it out.			