

Safe Storage of Expressed Breastmilk

For Healthy, Term Babies

Preparing Expressed Breastmilk at Home

- ◆ If your baby is under four months of age ensure you sterilize all equipment and containers that will be used to store your expressed milk
- ◆ Use glass bottles or BPA-free plastic containers to store milk
- ◆ Write the date you expressed your milk on the container
- ◆ If freezing milk leave a 1.5 cm (0.5 inch) space at the top of the container. Breastmilk expands when frozen.

Thawing Breastmilk

- ◆ Use oldest milk first
- ◆ To quickly thaw milk, place container with milk under cool or warm running tap water or in a pot of warm water; once the milk is thawed and warmed and is not used right away place in the fridge and use within 4 hours
- ◆ You can thaw the milk directly in the fridge, use within 24 hours
- ◆ If your baby does not finish all of thawed milk it must be thrown out
- ◆ The fat in the breastmilk may separate once thawed, gently shake to mix

Storage Guidelines

Location	Maximum Time
Room Temperature	4 hours
Insulated bag with ice pack	24 hours
Fridge	2 days
Freezer compartment in 1-door fridge	2 weeks
Freezer in 2-door fridge or side-by-side fridge/freezer	3-4 months
Deep Freezer	12 months

Note: You can combine milk expressed at different times over a 24 hour period.

- * Fresh milk can be added directly to refrigerated milk
- * Fresh milk can be added to frozen milk as long as the amount of fresh milk is less than the amount of frozen milk. Chill fresh expressed milk for one hour in the fridge before freezing.