

# Breastmilk Storage



## Freshly Pumped Breastmilk

Store in 2-4 oz portions

Always use a clean sealed container



### Hygiene

Wash hands before pumping

Where	Time Limit
Room Temperature	4 hours
Cooler (with 3 ice packs)	1 day
Refrigerator	4 days
Freezer	4 months
Thawed breastmilk	1 day



### Warming

Never microwave breastmilk



### Labels

Date and time each container

1

Massaging your breasts while pumping helps produce more milk

2

Check breastmilk temperature on your wrist before feeding

3

Store breastmilk in the back of the freezer, not the door!