


### Breast Milk Storage Guidelines for Best Quality

	Room Temperature	Cooler with Frozen Ice Packs	Refrigerator	Freezer	Deep Freezer
<b>Freshly Expressed</b>	4-6 hours @77°F 4-8 hours @72°F	24hrs @ 59°F	3-5 days @ 32° - 39°F	3-4 months @ 4°F	6-12 months @ 0°F
<b>Thawed from Previously Frozen</b>	Use within 24hrs. Do <b><u>NOT</u></b> Refreeze	Use within 24hrs. Do <b><u>NOT</u></b> refreeze	Use within 24 hrs. Do <b><u>NOT</u></b> Refreeze	Do <b><u>NOT</u></b> Refreeze	Do <b><u>NOT</u></b> refreeze

### FAQ's

**Q:** Can you refreeze thawed breast milk?

**A:** No, use within 24hrs or discard

**Q:** Can you add fresh pumped breastmilk to frozen breastmilk?

**A:** Yes, but you should cool it in the refrigerator first, otherwise the frozen breastmilk may defrost then refreeze. Label with the date the milk was FIRST frozen.

**Q:** How much should you store in each bag?

**A:** Normally, it is best to freeze smaller portions, 3oz and 4oz bags, to reduce waste if all the milk is not consumed in one feeding.