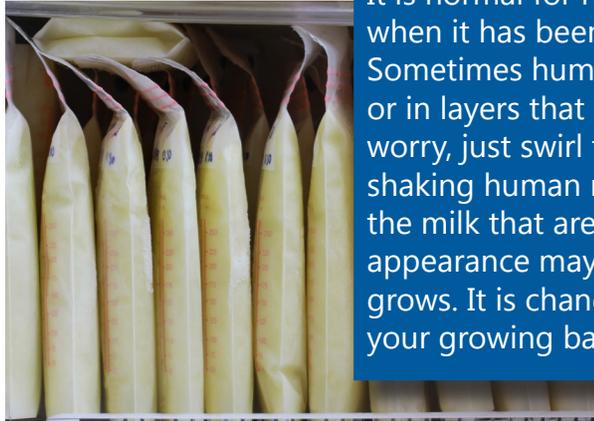


Storing Expressed Human Milk

- ◆ Store human milk in clean glass bottles, hard plastic bottles, or freezer bags made for storing human milk.
- ◆ Write the date on the container so the oldest milk can be given to baby first.
- ◆ Put just 2-4 ounces in each container or the amount you think your baby will take at a feeding.
- ◆ **Do not add fresh, pumped human milk to already frozen milk.**
- ◆ When filling the container, leave room at the top because human milk expands when it freezes.
- ◆ Store containers in back of freezer where it will be the coldest.
- ◆ **Discard milk left in the bottle after a feeding.**



Swirl . . . Don't Shake

It is normal for human milk to look different when it has been frozen or refrigerated. Sometimes human milk may appear lumpy or in layers that seem thick or thin. Don't worry, just swirl the milk to mix it together; shaking human milk can break down parts of the milk that are good for your baby. Milk's appearance may also change as your baby grows. It is changing to meet the needs of your growing baby!

Thawing and Warming Frozen Human Milk

- ◆ Use thawed milk within 24 hours and store in the refrigerator.
- ◆ To thaw frozen milk, quickly run the container under warm water until it is the temperature of your hand.
- ◆ Heat milk to desired temperature with warm water bath.
- ◆ **Do not** warm milk in the microwave as it can make dangerous hot spots.
- ◆ **Do not** heat on the stove as human milk heated too hot can destroy some of the good stuff in human milk.
- ◆ **Never** refreeze thawed milk.

Human Milk Storage Guidelines

for Healthy, Full-Term Infants

based on Guidelines from the United States Department of Agriculture

	Room Temperature (up to 77°F)	Insulated Cooler Bag with ice packs (39°F or less)	Refrigerator (32 to 39°F)	Freezer within Small Refrigerator (5°F or less)	Freezer with Separate door of Refrigerator (0°F or less)	Deep Freezer Chest or Upright (-4°F or less)
Freshly Expressed Human Milk	Up to 4 hours	24 hours or less	Up to 4 days	2 weeks	Up to 6 months	Up to 12 months
Thawed Human Milk (previously frozen)	1 - 2 hours	DO NOT STORE	Up to 24 hours	Never refreeze thawed human milk		

**Thaw milk in refrigerator overnight or place in warm water. Swirl to mix.
Never use a microwave or stovetop to heat milk.**



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