

BREAST MILK SAFE STORAGE

Freshly expressed milk	Temperature	Storage Time
Warm room	80-90°F	3-4 hours
Room Temperature	61-79°F	5 hours
Insulated cooler/ ice packs	59°F	24 hours
Refrigerated Milk		
Refrigerator (fresh milk)	32-39°F	3-8 days
Refrigerator (thaw milk)	32-39°F	24 hours
Frozen Milk	Do not refreeze!	
Freezer Unit	<39°F	5 months

Credit: [www.KellyMom.com /bf/pumpingmoms/milkstorage/milkstorage/](http://www.KellyMom.com/bf/pumpingmoms/milkstorage/milkstorage/)

WIC BREASTFEEDING SUPPORT

Mama, you are doing the best you can! Remember, this is new for both of you. Keep going, it gets easier!

Ask for help if you need it.

WIC Breastfeeding Support is here for YOU!

(209) 383-4859

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