

Human Milk Storage Guidelines

Room
Temperature

Refrigerator
40 degrees

Freezer
<0 degrees

Fresh

4 hours
up to 8hr

4 days
up to 8 days

6 months
up to 12m

Thawed

within
2 hours

within
24 hours

never
refreeze

Heat in warm water bath, never microwave.

Swirl warmed milk, never shake.

Use leftover human milk within 2 hours.



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