

Breastmilk Storage Guidelines*

LOCATION	DURATION	FYI...
Countertop	3-4 hours	Containers should be covered. Research shows breastmilk can last unrefrigerated for up to 12 hours under clean conditions at moderate temperatures (remember, warmer temperatures are associated with faster bacterial growth).
Insulated cooler bag	24 hours	Keep ice packs in contact with milk containers at all times and limit opening cooler bag as much as possible.
Refrigerator	<5 days	Store milk containers near back of refrigerator where it is coldest.
Freezer	Depends on type of freezer – see below	Store milk toward the back of the freezer, where temperature is most constant (not on the freezer door). Milk stored for longer durations within the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality.
Freezer compartment of refrigerator with separate doors	3 to 6 months	
Freezer chest or deep freezer	Up to 12 months	

**for home-use for healthy full term infants (storing times may differ for premature or sick babies)*