

# Storing breastmilk safely



Breastmilk	Room temperature (26°C or lower)	Fridge (4°C or lower)	Freezer
Freshly expressed into closed container	6 to 8 hours It's best to refrigerate breastmilk if available	Up to 72 hours Store at the back of the fridge, where it is coldest	2 weeks in freezer compartment inside a fridge (-15°C or lower) 3 months in freezer section of fridge with separate door (-18°C or lower) 6-12 months in deep freeze (-20°C or lower)
Previously frozen, thawed in fridge but not warmed	4 hours or less	Up to 24 hours Store at the back of the fridge, where it is coldest	Do not refreeze
Thawed outside fridge in warm water	Until end of feed, throw out left over milk	Up to 4 hours	Do not refreeze
Infant has begun feeding	Until end of feed, throw out left over milk	Throw away unused milk after feed	Throw away unused milk after feed

Based on the National Health and Medical Research Council (NHMRC) Infant Feeding Guidelines 2012

## Don't forget!

- Transport milk in an insulated container
- Write the name and date on the container before you place in the fridge or freezer
- Use the oldest milk first
- Only warm the milk needed
- Thaw or warm milk in warm water (do not microwave or reheat)
- Freshly expressed breastmilk should be cooled in the fridge before being added to other chilled or frozen breastmilk

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