



Storing Expressed Breastmilk (EBM)

Breastmilk status	Room temperature (26°C or lower)	Refrigerator (5°C or lower)	Freezer
Freshly expressed into sterile container	<ul style="list-style-type: none"> 6–8 hours Refrigerate if possible 	<ul style="list-style-type: none"> No more than 72 hours Store at back where it is coldest 	<ul style="list-style-type: none"> 2 weeks in freezer compartment inside refrigerator (-15°C) 3 months in freezer section of refrigerator with separate door (-18°C) 6-12 months in deep freezer* (-20°C)
Previously frozen, thawed in refrigerator but not warmed	<ul style="list-style-type: none"> 4 hours or until next feed 	<ul style="list-style-type: none"> 24 hours 	<ul style="list-style-type: none"> Do not refreeze
Thawed outside refrigerator in warm water	<ul style="list-style-type: none"> Only for current feed Throw away any unused milk 	<ul style="list-style-type: none"> 4 hours or until next feed 	<ul style="list-style-type: none"> Do not refreeze
Infant has begun feeding	<ul style="list-style-type: none"> Only for current feed Throw away any unused milk 	<ul style="list-style-type: none"> Throw away unused milk after feed 	<ul style="list-style-type: none"> Throw away unused milk after feed

*Chest or upright manual defrost deep freezer that is opened infrequently and maintains ideal temperature.

This resource was adapted from a resource developed by the Health Promotion Service, Northern Sydney Local Health District. Information taken from National Health and Medical Research Council (2012) Infant Feeding Guidelines. Canberra: National Health and Medical Research Council.

For support and additional information please visit the Australian Breastfeeding Association: www.breastfeeding.asn.au/workplace



- TIPS**
- **Transport** milk in an **insulated container**
 - Ensure milk is **named and dated** when placing in fridge
 - Use the **oldest milk first**
 - **Only warm the milk needed**
 - **Thaw or warm 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