

Safe Storage Times for Breast Milk

At room temperature (77°F or cooler)	4 hours
Thawed in the Refrigerator (from freezer)	24 hours
In an insulated cooler with icepacks (5-39°F)	24 hours
In a refrigerator (39°F)	2-4 days*
In the back of the freezer (0°F)	3-6 months
In deep freezer (0°F)	6-12 months

*The sooner it's used, the better.

NOTE: This information is for healthy infants at home. If baby is ill or hospitalized, or if you have any questions, talk to your doctor. This chart is adapted from the guidelines of the American Academy of Pediatrics.



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People Care More Here

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