

Human Milk Storage for Healthy Babies and Kids

Storage Locations and Temperatures

Type of Breast Milk	Countertop 85°F or colder (29°C)	Refrigerator 39°F (4°C)	Freezer 25°F or colder (-4°C)
Freshly Expressed or Pumped	4 hours	7 days	6 to 12 months
Thawed, Previously Frozen	4 hours	24 hours	Never refreeze
Left Over from a Feeding <i>(baby did not finish the bottle)</i>	2 hours		



*Milk should be refrigerated or frozen as soon as possible after pumping.
Scan the QR Code find out more about our milk storage guidelines.*

585.276.MILK (6455) | Breastfeeding.urmc.edu

