



Human Milk Storage Guidelines

	Countertop or Table	Refrigerator	Freezer with Separate Door	Deep Freezer
Storage Temperatures	Up to 77° F (25° C)	At or below 40° F (4° C)	At or below 0° F (-18° C)	At or below -4° F (-20° C)
Freshly Pumped or Expressed	Up to 4 hours	Up to 4 days	Up to 6 months	Up to 12 months
Thawed	1-2 hours	Up to 1 day (24 hours)	Never refreeze thawed human milk	

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider. Guidelines are for home use only and not for hospital use.

For Information on Local WIC Services:
1-800-WIC-4030

Your Clinic
Contact Info:

This institution is an equal opportunity provider.



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