


Storing Breastmilk for Healthy Full Term infants (Source: ABM, (2004))				For Breastfeeding Assistance CRH Lactation Consultants 812-375-3545 La Leche League Local: 812-374-2746 1-800-525-3243 WIC 812-379-1557 WIC – Peer Counselor 812-374-6868 WIC – Spanish Peer Counselor 812-374-7616  Bartholomew County Breastfeeding Coalition <small>A Reach Initiative</small>
Location	Temperature	Time	Comments	
Room temperature	Up to 77 °F or 25°C	6-8 hours	Keep cool as possible.	
Insulated cooler bag	5-39°F or -15-4°C	24 Hours	Keep ice in contact with milk	
Refrigerator	39°F or 4°C	5 days	Store in back of refrigerator	
Freezer compartment of refrigerator (separate doors)	0°F or -18°C	3-6 months	Store toward back of freezer. Thawed milk is safe for 24 hours.	
Deep freezer	-4°F or -20° C	6-12 months	Store toward back of freezer	