

Human Milk Storage

FROM FRESH TO FROZEN - HOW TO STORE HUMAN MILK

Rule of 6's - see guide below!

Fresh milk may be stored in the fridge and used within a week, but if you don't plan to use it, it's best to freeze as soon as possible to preserve nutrients and live beneficial properties.

Frozen milk should be placed in the back of the freezer (away from the door) so that it's as cold as possible. Use the tips below for convenient freezing/thawing of milk!



Milk Storage

Guidelines are for human milk only.

Fresh milk:

Room Temperature	6 hours
Refrigerated	6 days
Freezer	6 months
Deep Freezer	12 months

Thawed milk should be used in 24 hours.

*If milk still contains ice crystals it can be refrozen

*If baby has drank from bottle try to consume by next feeding.

*The less heating and cooling the better

TIPS

- Freeze your milk bags flat, then stack together.
- Use a system where the oldest bag of milk is first to be thawed out.
- Freeze in different amounts (1oz, 2oz, 3oz, etc) so you do not have to thaw an entire bag if baby needs just a bit more.
- You can mix your milk together from all pumping sessions, and then divide into portions, they do not have to be the same temperature when mixing.

Got milk?



HANDS ON PUMPING Maximize Your Milk Production

A newsletter is a great way to keep the students, faculty, parents, and guardians abreast of what's happening in your school. It's an effective way of disseminating information and touching base with all the parties mentioned.

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Letdowns & Milk Flow

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