

Human Milk Storage for Home

Room Temperature	<p>Fresh: 6 hours</p> <p>All other milk: 4 hours (refrigerated, thawed, fortified)</p> <p>Warmed milk: 2 hours (1 hour if touched by mouth)</p>
Refrigerator	<p>Fresh: 5 days</p> <p>Thawed &/ or Fortified: 24 hours</p>
Freezer	<p>Freezer attached to refrigerator: 6 months</p> <p>Deep Freezer: 12 months</p>
	<ul style="list-style-type: none"> • Do NOT refreeze milk that has been thawed unless it is still at least 50% frozen • NEVER freeze milk that has been fortified and/ or warmed

*Clean/ sanitize your pump parts per pump instructions.