



Telle



SAVE OR PRINT FOR THE FRIDGE

Breast milk storage cheat sheet

Fresh, room temperature

4 hours

77°F or colder

Fresh, in the fridge

4 days

At the back, not the door

In the freezer

6 to 12 months

About 6 is best

Thawed, in the fridge

24 hours

From fully thawed. Never refreeze

Warmed for a feeding

2 hours

From when it's warmed

Left over after a feeding

2 hours

Then throw it out

Date every bag

Use the oldest first

Freeze flat to save space

When in doubt, throw it out

Source: CDC breast milk storage guidelines, for healthy full-term babies. Babies in the NICU or born early may have different limits. Not medical advice.

gettelle.com/milk-storage