



## MILK STORAGE GUIDELINES

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**At Room Temperature:**

At 60 degrees for 24 hours  
At 66-72 degrees for 10 hours  
At 79 degrees for 4-6 hours

**In the Refrigerator:**

At 32-39 degrees for up to 8 days

**In the Freezer:**

In a self-contained refrigerator freezer 3-4 months  
In a deep-freezer 6-12 months

\*Once thawed, use milk within 24 hours and do not refreeze.

\*Never microwave breastmilk, gently warm in a bowl of warm water or under warm, running tap water. Swirl, don't shake, milk.

\*Store in glass containers or bags designed for milk storage.

**Have Questions? Call Luna Lactation 360.830.MILK (6455)**