



# *Breastmilk Storage Guidelines*

## 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 for 3-4 months
- In a deep freezer for 6-12 months

## NOTES:

- Once frozen milk is thawed, use 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.
- Store in glass containers or bags designed for milk storage.

HAVE QUESTIONS? CALL LUNA LACTATION AT 360-830-MILK (6455)