

# Human Milk Storage Guidelines



|                           | Countertop           | Refrigerator             | Freezer                   | Deep Freezer               |
|---------------------------|----------------------|--------------------------|---------------------------|----------------------------|
| Storage Temps.            | Up to 77° F (25° C)  | At or Below 40° F (4° C) | At or Below 0° F (-18° C) | At or Below -4° F (-20° C) |
| Freshly Pumped/ Expressed | Up to <b>4 Hours</b> | Up to <b>4 Days</b>      | Up to <b>6 Months</b>     | Up to <b>12 Months</b>     |
| Thawed                    | 1-2 Hours            | Up to 24 Hours           | Never refreeze            | Never refreeze             |

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider. Guidelines are for home use and not for hospital use.

For information on local WIC services:  
1-800-WIC-4030

*This institution is an equal opportunity provider.*



Women, Infants & Children Nutrition Program