

Breast Milk Storage *Guidelines*



Store 2-4 ounces in bottles or breast milk storage bags, and mark with the date.



Thaw breast milk in the refrigerator or by placing the container under warm water.



Thawed breast milk can be left on the countertop for 1-2 hours or in the refrigerator for up to 24 hours.



Never microwave or boil breast milk.



Do not refreeze breast milk once it has been thawed.



**Texas Lactation
Support Hotline**

1-855-550-6667
for 24/7 breastfeeding help

Location	Use within
Countertop/room temperature (up to 77°F)	4 hours
Insulated cooler bag with ice packs	24 hours
Refrigerator (40°F)	4 days
Freezer section of fridge	2 weeks
Freezer with separate door	6 months
Deep freezer (0°F)	12 months

Visit **BreastmilkCounts.com** for more information.

Healthy moms. Healthy babies.
Every step of the way.



TEXAS
Health and Human
Services

**Texas Department of State
Health Services**

Information adapted from the Texas WIC Program and
Centers for Disease Control and Prevention (CDC).