

# Ohio WIC Human Milk Storage Guidelines for Healthy Full-Term Babies

	Room Temperature	Refrigerator	Refrigerator Freezer (Separate Door)	Deep Freezer
Storage Temperature	Up to 77°F (25°C)	At or below 40°F (4°C)	0°F (-18°C)	At or below -4°F (-20°C)
Freshly Pumped/ Expressed	Up to 4 hours	Up to 4 days	Up to 6 months	Up to 12 months
Thawed	Up to 2 hours	Up to 1 day (24 hours)	Never re-freeze thawed human milk	Never re-freeze thawed human milk

*Note: These guidelines are for home use only and not for hospital use. Storage times and temperatures may vary for premature or sick babies. Check with your health care provider.*

## Storage Tips

### Collection and Storage

- Wash bottles and pump parts in hot soapy water or the dishwasher (if dishwasher safe).
- Wash hands before handling clean bottles and pump parts.
- Store milk in clean glass or BPA-free plastic bottles or bags designed for human milk storage. (Containers with the recycle symbol number 7 may be made of BPA-containing plastic.)
- Write on the bottle or bag your baby's name and date milk was expressed.
- If giving milk to a childcare provider, talk to the provider about storage guidelines.
- Store containers of milk in a cooler bag with frozen ice packs, when traveling.
- Store milk in the back of the refrigerator due to temperature changes when opening the door.
- Refer to the chart for storage time and temperatures.

### Freezing Milk

- Freeze milk in small batches of 2 to 4 ounces. If using plastic bags, lie flat in freezer.
- Leave an inch of space at the top of the container as milk will expand as it freezes.
- Store milk in the back of the freezer due to temperature changes when opening the door.
- Chill freshly pumped milk before adding it to cooled or frozen milk.

### Thawing and Warming Milk

- Use the oldest milk first.
- Milk may be thawed in several ways:
  - In the refrigerator overnight
  - Under running lukewarm water
  - In a container of lukewarm water

