



HUMAN MILK STORAGE GUIDE

Storage Location	Fresh Breast Milk	Thawed Breast Milk
Room temperature (77°F / 25°C or cooler)	Up to 4 hours	1–2 hours
Refrigerator (\leq 40°F / 4°C)	Up to 4 days	24 hours (Do not refreeze)
Freezer (0°F / -18°C or colder)	Up to 6 months (best) or 12 months (acceptable)	Do not refreeze
Leftover from a feeding	Use within 2 hours after the baby is finished eating	

Source: CDC. These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your healthcare provider.

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