

Breastmilk Storage Guidelines



Room temperature | **77 °F or colder**

4 hours optimal



Refrigerator | **40 °F**

4 days optimal



Freezer | **0 °F or colder**

6 months optimal | 12 months acceptable



Thawed milk | **DO NOT REFREEZE**

Room temperature: 1-2 hours | Refrigerator: 24 hours



Leftover from bottle (baby did not finish)

Use within 2 hours after baby finished feeding

Source: www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

WIC of Merced-Mariposa
Counties is here to support you!



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WIC website:



Questions? Call us! (209) 383-4859

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