



# Human Milk Storage

## Fresh Milk Storage

DEGREES	LOCATIONS	MAXIMUM TIME
< 25°C < 77°F	Room temperature	6h
15° 59°F	Cooler	24h
0°C / 4°C 32°F / 40°F	Refrigerator	4 to 8 days
-18°C / -20°C 0°F / -4°F	Freezer	6 to 12 months

## Thawed Milk Storage

CONDITIONS	MAXIMUM TIME
Kept in the refrigerator, not heated	24h
Heated, leftover from a feeding	2h in room temperature 30 min if heated 1h if in room temperature

## Additional Informations

The above data is for a healthy full term baby/child.

You can mix the durations but without accumulating the maximums.

If you have exceeded the time, do not throw away your milk, it's gold, instead put it in the bath or for other domestic use!

**NEVER REHEAT  
BREAST MILK IN  
THE  
MICROWAVE!**