

Breastmilk Storage

Storage Method	Temp.	Longevity	Tips
Counter	Room temp. Up to 77° F	Ideally, use within 3-5 hours.	Containers should be covered and kept as cool as possible. Discard leftover milk after your baby is finished feeding.
Fridge	39° F or colder	Ideally, use within 3-5 days	Store milk in the back of the refrigerator. Use an insulated bag to store milk in the back of the refrigerator at work.
Freezer	0° F or colder	Ideally, use within 3 to 6 months	Store the milk in the back of the freezer where the temperature will remain the most consistent.

storage containers



Plastic bottles are **not** recommended.



Use BPA-free storage bags, specifically designed for storing breastmilk.



If you need an alternative, you can use clean, food-grade containers or glass jars with tight-fitting lids.

