

## 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.

