





# BREASTMILK STORAGE guidelines

TIPS FOR PROPERLY STORING AND USING EXPRESSED BREASTMILK

*Milk Type*

*Guidelines*

**FRESHLY  
EXPRESSED**

USE WITHIN 4 HRS;  
STORE 4-6 DAYS IN FRIDGE,  
6 MONTHS IN FREEZER

**FRESHLY  
PUMPED**

USE WITHIN 4 HRS;  
STORE 4-6 DAYS IN FRIDGE,  
6 MONTHS IN FREEZER

**THAWED**

USE WITHIN 24 HRS;  
DO NOT STORE/REFREEZE

**LEFTOVER**

USE WITHIN 2 HRS;  
DO NOT STORE/FREEZE

**INSULATED  
COOLER**

USE WITHIN 24 HRS;  
DO NOT RE-FREEZE

Source: CDC



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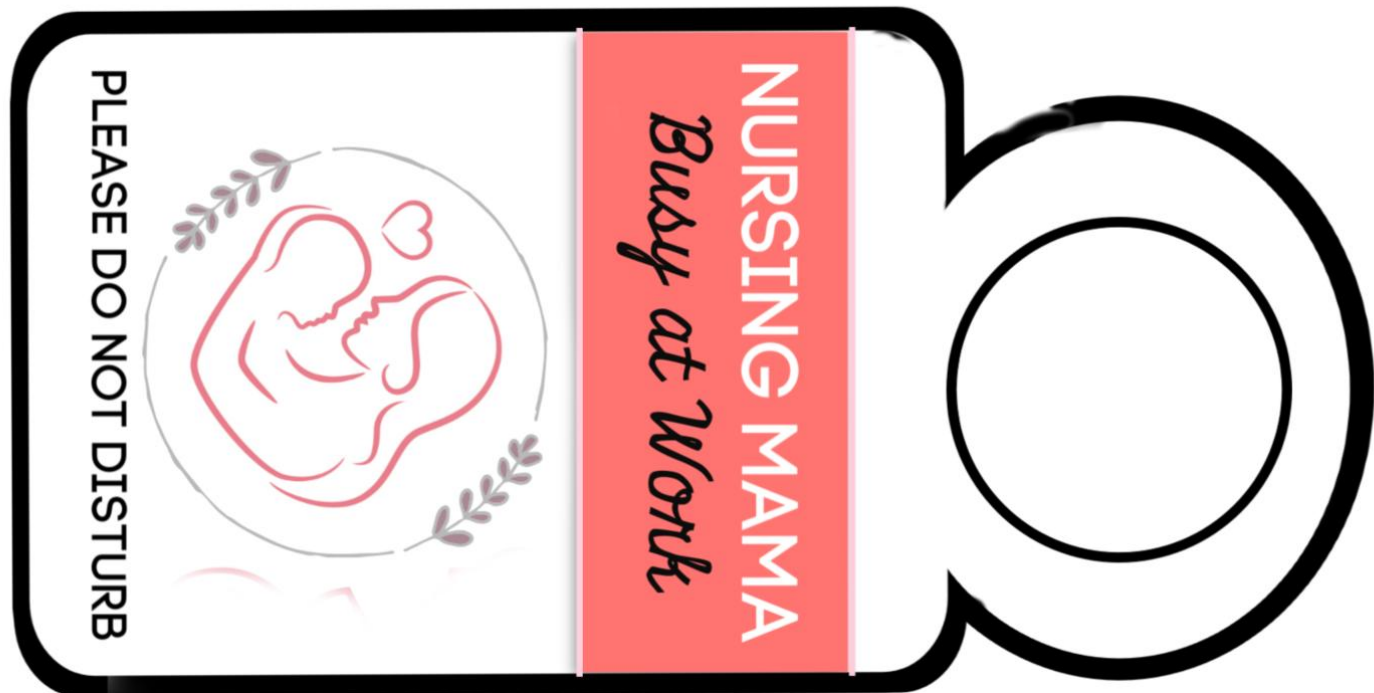
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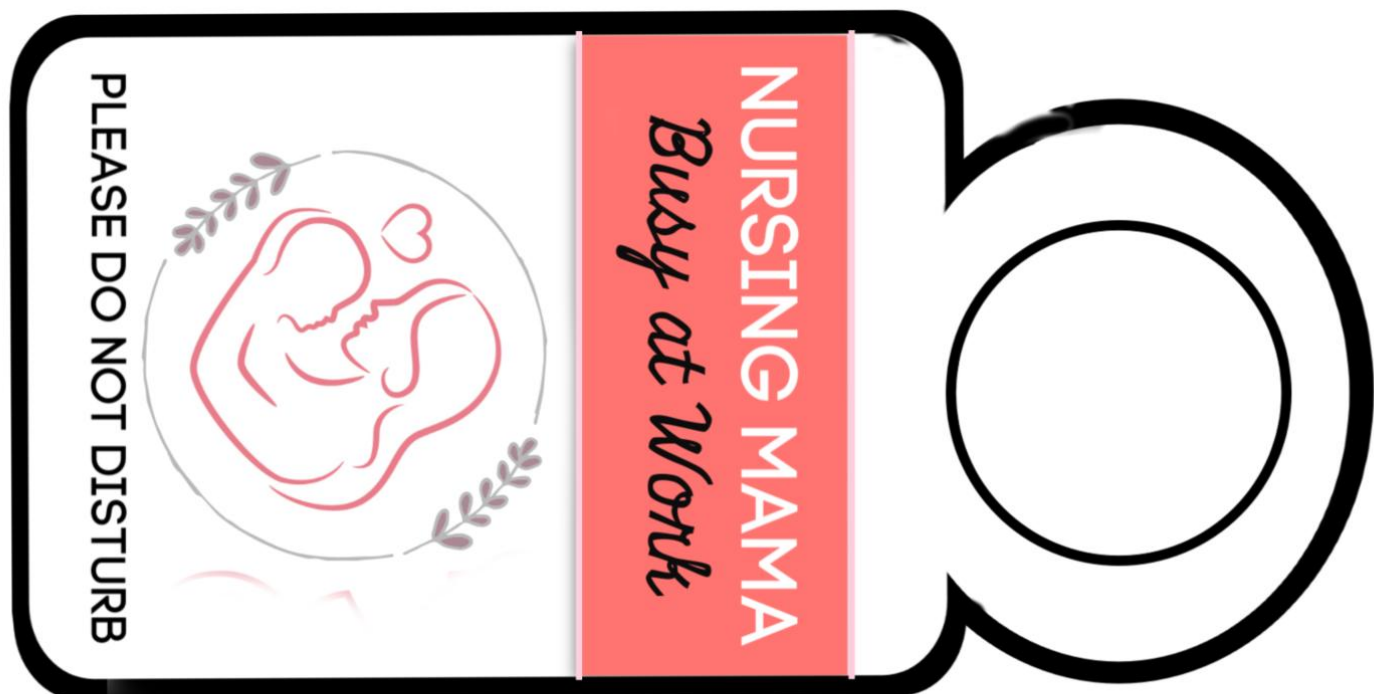
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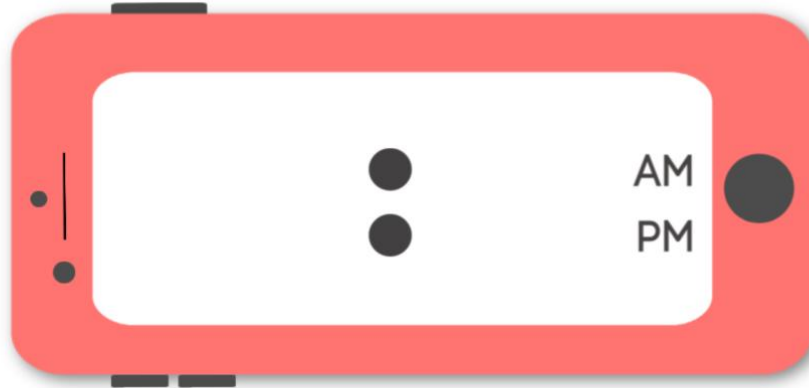


Find additional early motherhood resources here: [www.MommysBundle.com](http://www.MommysBundle.com)



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Baby's  
**LAST FEEDING**  
began at...



.....

*How you can help me:*



BRING ME  
WATER



TAKE THE  
BABY



FEED THE  
BABY



GET ME  
SNACKS



SHOW  
ME LOVE



LET ME  
SLEEP

♥ *Words of Encouragement:* ♥

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*Cut along dotted lines to fit in 8x10 frame*