

Breastmilk Storage Guide

Room Temperature

25° C / 77° F (or colder)

Storage Time:
Up to 4 Hours



Storage Time:
Up to 24 Hours

Cooler

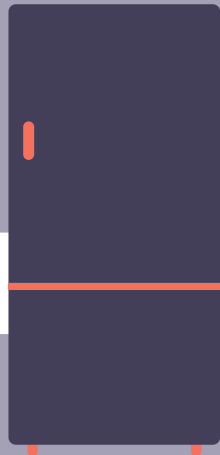
Cooler with frozen ice packs



Storage Time:
Up to 4 Days

Refrigerator

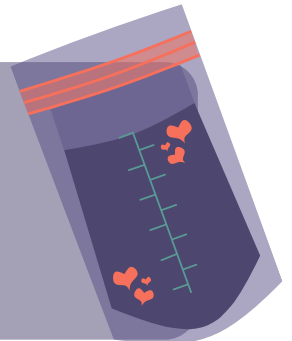
Set to 3.8° C / 38.8° F (or below)



Freezer

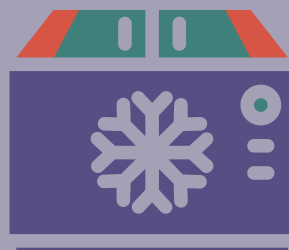
-17.8° C / -0.04° F (or below)

Storage Time:
Up to 6
Months



Deep Freezer

-20° C / -4° F



Storage Time:
Up to 12
Months