



BASSETT BABY PLANNING

the baby chick

BBP'S SAFE BREASTMILK STORAGE GUIDELINES

These guidelines refer to expressed breastmilk used for healthy, full-term babies.

Can Be Safely Kept	Duration	Comments
Counter-top, table (room temperature)	4 hours	Containers should be covered and kept as cool as possible
In a cooler with ice packs	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
In a refrigerator	3-8 days	Store milk in the back of the main body of the refrigerator.
Freezer		Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality. Do not refreeze breastmilk once it has been thawed.
Freezer compartment of a refrigerator	2 weeks	
Freezer compartment of a refrigerator with separate doors	3-6 months	
In a deep freezer	6-12 months	

*This information is not intended to replace the advice of a healthcare professional.

Notes: Do NOT shake breastmilk. Instead, swirl until it is mixed.
Do NOT microwave breastmilk or bottles. Microwaves do not heat liquids evenly.
Uneven heating could easily scald a baby or damage the milk.

References: Academy of Breastfeeding Medicine & American Academy of Pediatrics