

# Breast Milk Storage Guidelines

Location	Temp	Expires after	Notes
Warm Room	78°F	4 hours	Put in fridge as soon as possible
Normal Room	72°F	8 hours	Put in fridge as soon as possible
Cool Room	68°F	10 hours	Put in fridge as soon as possible
Fridge	37°F	8 days	Freeze on day 8 or before
Refrigerator Freezer	20°F	4 months	Thaw and use in 24 hours. Do not refreeze.
Deep Freezer	0°F	12 months	Thaw and use in 24 hours. Do not refreeze.

