

Safe Temperatures for Storing Breast Milk

BREAST MILK STATE	TEMPERATURE (°F)	LIFESPAN
UNFINISHED BOTTLE	-	Use within 2 hours from end of feeding
ROOM TEMPERATURE	77°F or colder	Up to 4 hours
INSULATED COOLER WITH FROZEN ICE PACKS	59°F	Up to 24 hours
THAWED	-	Up to 2 hours at room temperature Up to 24 hours refrigerated DO NOT REFREEZE
REFRIGERATED	40°F	Up to 4 days
FROZEN	0°F	Up to 6 months
DEEP FREEZE	-4°F or colder	Up to 12 months <i>Best used within 6 months</i>

Source: CDC

Note: Freezer compartments located inside a refrigerator is not considered a freezer. Breast milk stored in this compartment will last up to 2 weeks.



TRAVEL TIPS

Wash your hands and make sure parts are sanitized before pumping.

Keep pump-friendly sanitizing wipes on hand for when soap and water are not available. If you wipe just before pumping, rinse the parts or let them air dry for 10 minutes.

Store breast milk in bottles to avoid leaks.

If you have access to a fridge when pumping on the go, you can save time by refrigerating pump parts between pumping sessions and sanitizing at the end of the day.

Have multiple ice packs ready to go in the freezer.

Keep your cooler in the refrigerator along with your breast milk.

Don't open your cooler unless you need to.

Transfer breast milk from the cooler to the fridge or freezer as soon as possible.

If your ice packs start to thaw, ask a restaurant for a bag of crushed ice.

In a pinch, insulated thermoses like a Yeti can keep breast milk cool.

Dry ice can keep breast milk fresh for up to 48 hours. Check the packaging for details.