

BLOOMINGTON WIC

Storage Containers:

BEST:

- Breast milk storage bags
- Breast milk storage trays
- Glass bottles

ALSO ACCEPTABLE:

- Drop-in plastic bottle liners
- Food grade plastic bags or bottles, BPA free

*All plastic should be BPA free

Don't use plastic bottles with a 7 inside the recycling triangle.

For more information on BPA:
www.healthychildren.org

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1400 Independence Ave, SE,
Washington, DC 20250-9410, or call
(800)795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



ADDITIONAL BREASTFEEDING RESOURCES

- **Bloomington WIC Breastfeeding Peer Counselor Program (952) 563-8993**
- **Bloomington WIC Office (serving Bloomington, Edina, and Richfield) (952) 563 8993**
- **La Leche League**
www.llusa.org
- **www.breastfeeding.com**
- **The National Women's Health Information Center**
www.womenshealth.gov

BLOOMINGTON WIC PROGRAM



BREAST MILK STORAGE AND HANDLING

“Breastfeeding is a gift that lasts a lifetime...”
-Unknown

“There is something so intimate about it.”
-Catherine Zeta Jones

“While breastfeeding may not seem the best choice for every parent....

It is the best choice for every child.”
-Amy Spangler

Breast milk Storage Guidelines (For Healthy Term Babies)

Room Temp	Cooler with 3 ice packs	Fridge	Freezer	Thawed Breast Milk
4-6 hours	24 hours	3-8 days	6-12 months	Within 24 hours

BREAST MILK STORAGE AND HANDLING

How should I store expressed breast milk?

- Wash your hands before expressing or handling your milk.
- Use only clean containers to store expressed milk.
- Freshly expressed milk can remain at room temperature for 4-6 hours.
- Use refrigerated milk within 3-8 days.

How do I freeze my milk?

- Store milk at the back of the freezer — never in the freezer door.
- Make sure to label the milk with the date you froze it.

How much milk should I store at a time?

- Freeze 2-4 ounces of milk at a time, depending on the average amount of a single feeding for your baby.
- If the milk separates, gently swirl the container. Do not shake or stir the milk.

How do I thaw milk and serve it (or have it served) to my baby?

- Thaw milk in the refrigerator or by swirling in a bowl of warm water (do not shake!).
- Never use a microwave to thaw or heat bottles of breast milk
 - Microwaves do not heat liquids evenly. Uneven heating could easily scald a baby or damage the milk
 - Bottles may explode if left in the microwave too long.
 - Excess heat can destroy the nutrient quality of the expressed milk.
- Thawed milk must be used within 24 hours.
- Do not refreeze your milk

(Taken from Centers for Disease Control/CDC)