Safely store freshly expressed breastmilk

Safe storage times

Room temp	6-8 hours
Refrigerator	5 days
Freezer	3-12 months*

*length depends on type of freezer

Safe storage tips

- Store in 1-3 oz. portions
- Label container with name and date
- Use oldest milk first
- Never heat or thaw in a microwave
- Do not re-freeze after thawing

Contact Bloomington Public health: 952-563-8900

Made possible through support from the Statewide Health Improvement Program, Minnesota Department of Health.

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