#### Safely store freshly expressed breastmilk

Safe store	age times
Room temp	6-8 hours

\*length depends on type of freezer

5 days

3-12 months\*

Refrigerator

Freezer

Sate storage tips	
<ul> <li>Store in 1-3 oz. portions</li> </ul>	7
<ul> <li>Label container with name a</li> </ul>	nd date
<ul> <li>Use oldest milk first</li> </ul>	
• Never heat or thaw in a micr	owave
• Do not re-freeze after thawing	ng

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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#### Safe storage times

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late ave

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Safe storage tips Store in 1-3 oz. portions

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