**STORAGE AND PREPARATION OF BREAST MILK**

**BEFORE EXPRESSING/PUMPING MILK**

- **Wash** your hands well with soap and water.
- **Inspect** the pump kit and tubing to make sure it is clean. Replace moldy tubing immediately.
- **Clean** pump dials, power switch, and countertops with a disinfectant wipe.

**STORING EXPRESSED MILK**

- **Store** in breast milk storage bags or clean, food-grade containers. Make sure the containers are made of glass or plastic and have tight fitting lids.
- **Do not** store breast milk in disposable bottle liners or plastic bags that are not intended for storing breast milk.

**HUMAN MILK STORAGE GUIDELINES**

<table>
<thead>
<tr>
<th>TYPE OF BREAST MILK</th>
<th>STORAGE LOCATIONS AND TEMPERATURES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Countertop</td>
</tr>
<tr>
<td>Freshly Expressed or Pumped</td>
<td>77°F (25°C) or colder (room temperature)</td>
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<tr>
<td>Thawed, Previously Frozen</td>
<td>1–2 Hours</td>
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<tr>
<td>Leftover from a Feeding (baby did not finish the bottle)</td>
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*Recommended storage times are important to follow for best quality.*
**STORE**

Label milk with the date it was expressed and the child's name if delivering to childcare.

When freezing, leave an inch of space at the top of the container; breast milk expands as it freezes.

Store milk in the back of the freezer or refrigerator, not the door.

Milk can be stored in an insulated cooler bag with frozen ice packs for up to 24 hours when you are traveling.

Freeze milk in small amounts of 2 to 4 ounces to avoid wasting any.

If you don't plan to use freshly expressed milk within 4 days, freeze it right away.

**THAW**

Always thaw the oldest milk first.

Thaw milk under lukewarm running water, in a container of lukewarm water, or overnight in the refrigerator.

Never thaw or heat milk in a microwave. Microwaving destroys nutrients and creates hot spots, which can burn a baby's mouth.

Use milk within 24 hours of thawing in the refrigerator (from the time it is completely thawed, not from the time when you took it out of the freezer).

Use thawed milk within 2 hours of bringing to room temperature or warming.

Never refreeze thawed milk.

**FEED**

Milk can be served cold, room temperature, or warm.

Test the temperature before feeding it to your baby by putting a few drops on your wrist. It should feel warm, not hot.

To heat milk, place the sealed container into a bowl of warm water or hold under warm running water.

Swirl the milk to mix the fat, which may have separated.

Do not heat milk directly on the stove or in the microwave.

If your baby did not finish the bottle, leftover milk should be used within 2 hours.

**CLEAN**

Wash disassembled pump and feeding parts in a clean basin with soap and water. Do not wash directly in the sink because the germs in the sink could contaminate items.

Rinse thoroughly under running water. Air-dry items on a clean dishtowel or paper towel.

Using clean hands, store dry items in a clean, protected area.

For extra germ removal, sanitize feeding items daily using one of these methods:

- clean in the dishwasher using hot water and heated drying cycle (or sanitize setting).
- boil in water for 5 minutes (after cleaning).
- steam in a microwave or plug-in steam system according to the manufacturer's directions (after cleaning).

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Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

FOR MORE INFORMATION, VISIT:
https://www.cdc.gov/breastfeeding/site.html