

Storage Time for Breastmilk for use with Hospitalized Infants



Location	Temperature	Duration	Comments
Countertop, table	Room temperature (up to 77°F or 25°C)	<4 hours	Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.
Insulated cooler bag with ice packs	59°F or 15°C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
Refrigerator	40°F or 4°C	48 hours	Store milk in the back of the main body of the refrigerator.
*Fortified or thawed milk in refrigerator	40°F or 4°C	24 hours	
Freezer			
Freezer compartment of refrigerator with separate doors	-4°F	3months	Store milk toward the back of the freezer, where temperature is most constant.
Chest or upright deep freezer	-4°F or -20°C	12 months	Milk stored for longer durations in the ranges listed is safe, but some of the fat in the milk can undergo changes that may lower the quality or change the taste of the milk.

Robbins, S.T. & Meyers, R. (2011). *“Infant Feedings: Guidelines for Preparation of Human Milk and Formula in Health Care Facilities.”* American Dietetic Association

