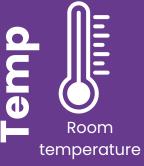
Breastmilk Storing Guidelines

Breast milk can be stored in a sterilised container, or special storage bags, remember to label and date it.





Insulated cool

bag



Fridge



compartment





Freezer

19°C

to 26°C

-15°C to 4°C

4°C or lower

-15°C

-18° C or lower

up to 6

months

Information from NHS expressing and storing breastmilk

Infant Feeding helpline

National Breastfeeding

helpline 0300 100 0212

07500 952216 (Mon - Friday)

LET'S NURTURE TOGETHER

4 - 6 hours

> Containers should be covered and kept as cool as possible

24 hours

Keep ice packs in constant contact with milk containers. Limit opening of cool bag.

8 days

Store milk in the back of the fridge where temperature remains more consistent.

weeks

Storing breast milk in small quantities will help avoid waste. If you're freezing it, make sure you label and date it first.

Family hub TORBAY

www.torbayfamilyhub.org.uk