

Breastmilk Storing Guidelines

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

Temp



Room temperature

19°C to 26°C



Insulated cool bag

-15°C to 4°C



Fridge

4°C or lower



Freezer compartment

-15°C



Freezer

-18°C or lower

Time

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.

2 weeks

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

up to 6 months



Infant Feeding helpline
07500 952216
(Mon - Friday)

National Breastfeeding helpline 0300 100 0212

Information from NHS expressing and storing breastmilk

Family
hub
TORBAY

www.torbayfamilyhub.org.uk