



Breastmilk Storage Guidelines Chart

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

Human milk can be stored using the following guidelines from the Academy of Breastfeeding Medicine:

Location	Temperature	Duration	Comments
Countertop, table	Room temperature (up to 77°F or 25°C)	Up to 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	5°F – 39°F or -15°C – 4°C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
Refrigerator	39°F or 4°C	3 days	Store milk in the back of the main body of the refrigerator.
Freezer compartment of a refrigerator	5°F or -15°C	2 weeks	Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality.
Freezer compartment of refrigerator with separate doors	0°F or -18°C	3-6 months	
Chest or upright deep freezer	-4°F or -20°C	6-12 months	

Sources:

Eglish, Simon, and The Academy of Breastfeeding Medicine. 2017. ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants, revised. *Breastfeeding Medicine* Volume 12, Number 7, 390-395

Academy of Breastfeeding Medicine Protocol Committee. 2010. Clinical protocol #8: Human milk storage information for home use for healthy full term infants, revised. *Breastfeeding Med* 5:127-30. <http://www.bfmed.org/Resources/Download.aspx?filename=Protocol 8 - English.pdf>.

From the Centers for Disease Control and Prevention Website: Proper handling and storage of human milk – Storage duration of fresh human milk for use with healthy full term infants. http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm.

Feeding Infants in the Child and Adult Care Food Program, USDA, March 2019

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