

# 6 TIPS FOR SAFE BREAST MILK STORAGE



Clearly label expressed breast milk with a date, time and volume



Remember the rule of 4:  
Up to 4 hours at room temperature,  
4 days in the refrigerator



Never use the microwave to  
thaw or warm breast milk



Use thawed breast milk within  
24 hours. Never refreeze



Freeze breast milk in amounts  
your baby will eat to avoid waste



Breast milk can last up to  
24 hours in a cooler with ice packs