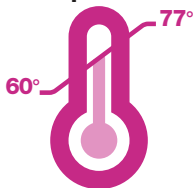


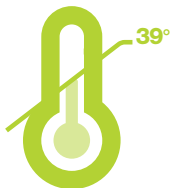
# Freshly Expressed Breast Milk Storage Guidelines (For Healthy Term Babies)

## Room Temperature



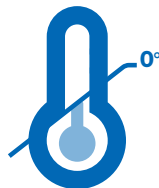
\*Up to 4 hours at  
60-77°F (16-25°C)

## Refrigerator



\*Up to 3 days at  
39°F (4°C) or colder

## Freezer



\*Up to 6 months at  
0°F (-18°C) or colder

## Breast Milk Thawed in the Refrigerator

At room temperature: Up to 2 hours | Refrigerator: Up to 24 hours

DO NOT REFREEZE

\*For more details, visit:

[www.BreastMilkGuidelines.com](http://www.BreastMilkGuidelines.com)

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