



## Rules for storing and warming Breastmilk

Breastmilk can be stored in a sterilized glass or plastic containers, including sealable plastic bags. Always use a new container rather than add to previously refrigerated or frozen milk.

Freshly expressed at  
room temp:  
4-6hours

Freshly expressed in  
cooler bag:  
24hours

Freshly expressed in  
the fridge:  
8days

Freshly expressed in the  
freezer compartment of a  
fridge:  
3months

Freshly expressed in  
freezer with separate  
door:  
3-6months

Freshly expressed in a  
box freezer:  
6-12months

Warming Breast milk: Keep the container sealed while warming. Warm breast milk by placing the container of breast milk into a separate container or pot of warm water for a few minutes or by running warm (not hot) tap water over the container for a few minutes. Do not heat breast milk directly on the stove or in the microwave.

For more information about breastfeeding - follow The Visiting Midwife on

