

EXPRESSED Breast Milk

STORAGE AND HANDLING GUIDELINES

Breast milk that is...	Stored at room temperature 26°C OR LOWER stays good for...	Stored in a fridge 5°C OR LOWER stays good for...	Stored in a freezer -15°C OR LOWER stays good for...
Freshly expressed into a sterile container	6 – 8 hours store milk in fridge if available	3 days or less no more than 72 hours (store at back where it is coldest)	2 weeks in freezer compartment inside a fridge (-15°C). 3 months in freezer section of fridge with separate door (-18°C). 6 – 12 months in deep freeze (-20°C)*
Thawed in fridge previously frozen	4 hours or less	24 hours	Do not refreeze
Thawed outside fridge in warm water	Only for completion of feed after feed, throw away any leftover	4 hours or less	Do not refreeze
Infant has begun feeding	Only for completion of feed after feed, throw away any leftover	After feed, throw away any leftover	Do not refreeze

*Chest or upright manual defrost deep freezer that is opened infrequently and maintains ideal temperature.

TIPS

FOR EXPRESSED BREAST MILK

- Freeze milk that will not be used within two days.
- Label **all** breast milk containers with date and time of when it was expressed.
- Use the oldest milk first.
- Breast milk will form layers after standing. This is normal. Gently swirl to mix it again.
- Do not thaw or warm breast milk in a microwave.

REFERENCES 1. ACT Human Rights Commission (2012) *Breastfeeding and Child Care: Important information for Child Care Service Providers*. 2. National Health & Medical Research Council (2012) *Infant Feeding Guidelines*. Canberra: National Health and Medical Research Council.



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Community Health Intake (CHI)
6207 9977 MONDAY TO FRIDAY
8.00am–5.00pm
www.health.act.gov.au/breastfeeding