

Kentucky Human Milk Storage Guidelines for Women, Infants, and Children (WIC)

	Counter top or table	Refrigerator	Freezer with separate door	Deep Freezer
Storage Temperatures	Up to 77°F (24°C)	At or below 40°F (4°C)	0°F (-18°C)	At or below -4°F (-20°C)
Freshly Pumped/Expressed Human Milk	Up to 4 hours	Up to 4 days	Up to 6 months	Up to 12 months
Thawed Human Milk	1-2 hours	Up to 1 day (24 hours)	Never re-freeze thawed human milk	Never re-freeze thawed human milk

*These guidelines are for healthy full term babies, storage times and temperatures may vary for premature or sick babies. Check with your health care provider.

Thawing and Warming Milk

- Human milk does not need to be warmed. It can be served room temperature or cold.
- Gently swirl the milk (don't shake it) to mix it, it is normal for human milk to separate.
- If you do warm your milk, test the temperature by dropping some on your wrist. It should be comfortably warm.
- You can thaw your milk by placing the human milk:
 - In the refrigerator overnight,
 - Under running warm water, or
 - In a container of warm water.
- Milk thawed should be used within one hour after it is thawed or placed in the refrigerator.
- Milk thawed in the refrigerator should be used within one day (24 hours) after it is thawed.
- Unused milk left in the bottle should be thrown out within 1-2 hours after the baby is finished feeding.
- Do not microwave human milk.
- Never re-freeze thawed milk even if it has been refrigerated.



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