



# Mom's Milk Storage Guide



	Fresh Breast Milk	Thawed Breast Milk
<b>Deep Freeze</b> <i>0° F (-19 C) or less</i>	<b>6+ Months</b>	<b>Do Not Refreeze</b>
<b>Refrigerator Freezer</b> <i>approximately 0° F (-19° C)</i>	<b>3 to 4 Months</b>	<b>Do Not Refreeze</b>
<b>Refrigerator</b> <i>32° to 39° F (0° to 4° C)</i>	<b>8 Days</b>	<b>24 Hours</b>
<b>Room Temperature</b> <i>66° to 72° F (19° to 22° C)</i>	<b>10 Hours</b>	<b>1 Hour</b>

Source: LaLeche League International

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