

SIMPLE • EASY • COMPACT



Breastmilk Chiller

CERESCHILL.COM





We made Ceres Chill® to support you in all you do

Being away from your new baby is hard. We don't have to tell you! Finding time to pump and then carrying around all that extra stuff to keep breastmilk safe is overwhelming.

Plus, who wants to store something as personal and important as breastmilk in the company fridge, the trunk of your car, or on your desk at work? And what about airport security protocols and delays? Yikes!

The Ceres Chill Breastmilk Chiller allows you to safely chill and store breastmilk or formula for a more convenient, streamlined process, so you can ditch the bags and bottles!

*Free the moms!
Save the milk!*

Using your Chiller

- Wash all parts with soap and water thoroughly before use.
- Unscrew the Upper Cup, Cap and Connector from the Outer Chamber. The Inner Chamber will come out with the Connector.
- Fill the Outer Chamber with enough ice to be in contact with the bottom of the Inner Chamber (at least 6-8 crescent ice cubes, 8-10 rectangular cubes, or approx. 1 cup crushed ice), and a splash of cold water (no more than 1/4 cup), so that the Inner Chamber touches the ice and water when reassembled. Shake the ice and water around a bit then screw the Connector and Inner Chamber back into the Outer Chamber. (When using the 27-ounce method, fill the Inner Chamber with as much ice as you can fit. See the diagram on page 5).
- When traveling by plane, comfortably tighten all parts to prevent leaking (but don't over-tighten). Periodically open your Chiller when changing elevation and during long flights, as it will be subject to pressure and temperature changes.

To pump on one side

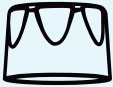
- Unscrew the Cup and Cap, flip the Cup over and screw the Connector onto it.

- Connect your pump flange to the Connector neck to be able to pump up to 7 ounces when fully assembled.
- If you aren't using a Medela or similar pump, you'll need an inexpensive adapter (available through Amazon or cereschill.com). Lansinoh and Spectra are examples of pumps that work using an adapter.
- Replace the Cap when you're done pumping.
- Hand-wash the Outer Chamber to avoid risk of discoloration, and throw the Inner Chamber in the dishwasher anytime. The Cup, Connector, and Cap can go on the top rack of the dishwasher, but intense heating/drying cycles could cause these parts to discolor so skipping the drying cycle or hand-washing is recommended. Feel free to use a sterilizer on the plastic parts. Don't microwave.

To double pump

- Disconnect the Connector from the Outer Chamber.
- Disconnect the Inner Chamber from the Connector.
- Turn the Connector over and screw it onto the Cup so the neck that connects to the pump is facing up.
- Connect your pump to the Inner Chamber to pump up to 12 ounces — and — connect your pump to the Cup and Connector to pump up to 7 ounces.

The parts



Cup



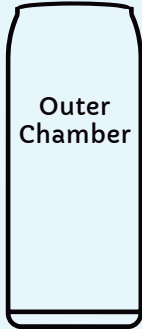
Cap



Connector



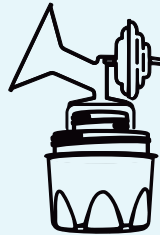
Inner Chamber



Outer Chamber

How it all works together

Single
or double
pumping

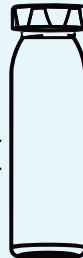


Add your
baby's
favorite
nipple
here

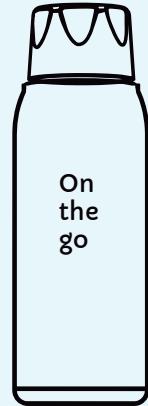


Feeding
the
baby

Capped
Inner
Chamber



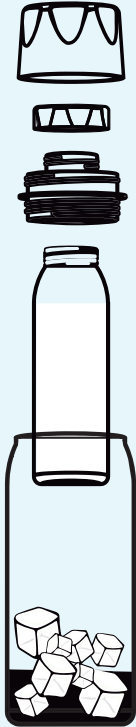
On
the
go



12 OZ

MOST
CONVENIENT

No-prep
chilling



27 OZ

EXTRA
CAPACITY

No-prep
chilling



34 OZ

MAXIMUM
STORAGE

Already hot
or cold liquid
placed in the
Outer Chamber
keeps its temp



Double your storage with the 27-ounce method!

With a few extra steps you can more than double the storage and chill up to 27 ounces using the Inner Chamber as your coolant container.

This method requires a very clean pumping environment – but it’s a lifesaver for women with long days (we see you doctors, nurses, first responders, shift workers, and soldiers) or long flights and unexpected delays!

If you need this option, here’s what you do:

- Rather than putting your ice in the Outer Chamber, fill the Inner Chamber with ice.
- You can pump directly into the Outer Chamber using the Connector without the Inner Chamber connected; set it aside on a clean surface such as the upturned Cup.
- Make sure your hands are clean and you have a clean place (like your handy-dandy upturned Cup) to set your Inner Chamber down while you pump into the Outer Chamber.
- To avoid overflow, don’t fill past the 27-ounce max fill line marked on the inside of the Outer Chamber.
- When you’re done pumping, just take the Inner Chamber filled with ice, screw it onto the Connector, and screw the assembly into the Outer Chamber. That’s it!

- This method will give you safe, reliable storage for 16-20 hours. During long days, feel free to refresh your ice for peace of mind.
- To pump more than once, repeat these steps.

Traveling or need more time?

- Out and about longer than anticipated? Just add ice.
- When going through security: Dump the ice from the Chiller, let security hold a test strip over top of the milk as usual, then add ice to the Chiller after screening.



If you're traveling and changing elevation (like a flight or a long drive up a mountain), be sure to occasionally unscrew the upper components to alleviate any pressure build-up.

Using your Chiller for 34 ounces of storage

For moms traveling on long trips or otherwise able to first chill freshly expressed milk, the Chiller can keep up to 34 ounces of milk safely chilled for up to 12 hours. If you need this option, here's what you do:

- Make sure that your milk is first chilled to a refrigerator temperature of 40° F or less.
- Add your chilled milk to the Outer Chamber without the Inner Chamber attached to the Connector.
- Screw the Connector, Cap and Cup onto the Outer Chamber to seal it.
- For the 34-ounce method, don't add warm milk to the already chilled milk.
- After no more than 12 hours in ambient temperatures of 68-72° F (20-22° C), be sure to transfer your milk to an uninsulated container (like your Inner Chamber or baby bottles) and put it in a refrigerator or freezer. Don't put a Chiller full of milk into the fridge or freezer because the Outer Chamber will insulate it from the cold and prevent refrigeration which isn't what you want. Remember, you can always put just your Inner Chamber filled with milk in the fridge to keep it cold.

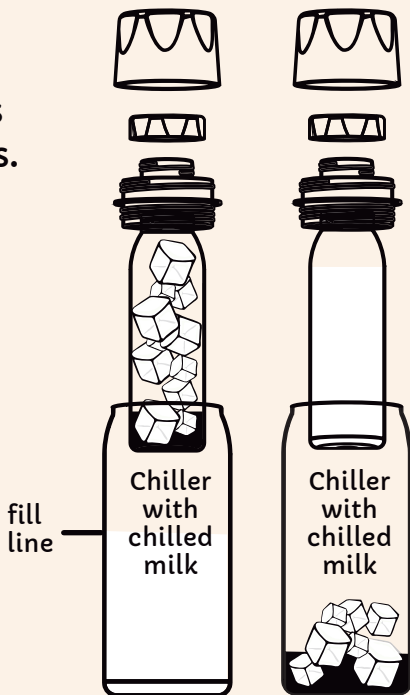
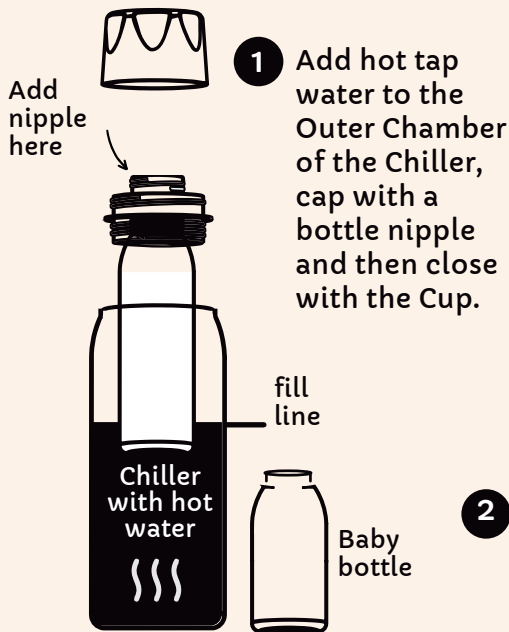
Feeding the baby while out and about

- Warm your milk or formula as you normally would - in a bottle warmer, a bowl of warm water, or in the Chiller with hot water in the Outer Chamber. See pages 10 & 11 for more details.
- Pour your warm milk or formula into the Upper Cup and Connector (7 ounces), or the Inner Chamber (12 ounces).
- Attach any standard narrow-neck nipple, and feed that sweet b a by!

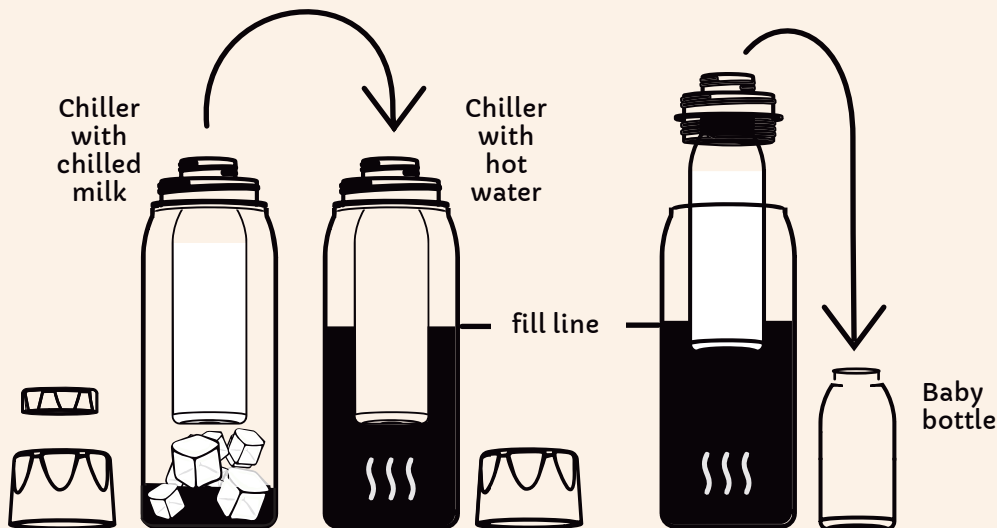


Use your Chiller as a bottle warmer

That's right: your Chiller can also warm milk or formula for the baby! This method requires 2 Chillers.



- 2 Set up your second Chiller in whichever way you prefer to chill your breastmilk or formula (See capacity diagrams on page 5).



3 When you're ready to warm a bottle, pour chilled milk from the cold Chiller into the Inner Chamber of the Chiller with the hot water, seal and wait 7-10 minutes.

4 Pour the warmed milk into the baby bottle to feed the baby, recapping the warm water Chiller quickly to keep the temperature for the next feeding.

Breastmilk storage guidelines

These guidelines are meant for feeding full-term infants who are not medically fragile or currently sick.

Storage time

	At room temp 66° F to 78° F	In the fridge Below 41° F	In the freezer Below 4° F
IDEAL	3-4 hours	72 hours	6 months Regular freezer
SAFE	6-8 hours	5-8 days	12 months Deep freezer
Most experts agree that it's safe to keep an unfinished bottle for the next feeding within 2 hours.	Freshly expressed milk lasts up to 24 hours at temperatures below 59° F.	Store your milk toward the back, away from the door and sides. As long as milk is stored within these time periods, it's safe to freeze. Use the milk in the order it was frozen to keep supply as fresh as possible.	

Guidance

- Wash and dry your hands thoroughly before expressing or storing breastmilk.
- Wash containers and pump parts with warm, soapy water, rinsing well. Air-dry completely.
- Always test the temperature of contents before consuming.
- To warm refrigerated milk, immerse it in its container in warm water, or use a bottle warmer.
- Once warmed, the milk can be used within 2 hours.
- To thaw frozen milk, move it to the fridge or hold it under cool, running water and then bring to cool-water temperature.
- If ice crystals are still present, it's safe to re-freeze.
- Once thawed, the milk is good for up to 24 hours if kept in the fridge.

Caring for your Chiller

- Wash thoroughly before use.
- Don't put Chiller parts in the microwave, on the stove top or in any type of oven.
- Don't put Chiller parts in the bottom rack of your dishwasher, as very high heat can shorten the life of the parts. The plastic parts and Inner Chamber can go on the top rack of the dishwasher. Always hand-wash the Outer Chamber to avoid damage.



Our deep dive into
cleaning & sterilizing

- Wash all the parts as soon as possible after use. Don't use any abrasive cleaners or scrubbers, as they may dull the finish.
- The Chiller uses 3 flexible "O-Rings" for a tight seal. Check periodically to make sure all 3 O-Rings (found on the outside and inside of the Connector and inside the Cap) are present and firmly in place. Missing, worn or misaligned O-Rings may cause leaks which, in the case of hot liquids, may burn or scald people.

Periodic cleaning of the 3 O-Rings

- Carefully remove the O-Rings from their beds with a dull pick or tweezers.
- Soak for 5 minutes in soapy, warm water. Use a small brush to scrub thoroughly.
- Allow O-Rings to dry, then put them back into their designated spots.

Tip

Test the seal after replacing the O-Rings: First, fill the Outer Chamber with water and screw the upper components back on. Then shake vigorously to ensure the seal works properly. If not, double-check the placement of the O-Rings and repeat the test to confirm a proper seal.

Learn

Learn more about using your Chiller by visiting the FAQ page on our website at www.cereschill.com.

Ask

Contact us anytime with questions at info@cereschill.com or by phone at (206) 338-5506. We love to hear from you and answer any questions you may have.

Troubleshooting tips

If all the ice has melted, is my milk or formula safe?

It should be quite safe. The ice has transferred its cooling capacity to your milk as you've added milk to the Chiller. Keep in mind that just because the ice is melted, that doesn't mean your milk is unsafe. Breastmilk can be safely stored at up to 59° F for up to 24 hours. If your ice is melting quickly, you might be adding too much water. All you need is a tiny splash to help the ice settle in. Too much water will speed up the ice melting.

It seems like my Chiller is sealed shut. Help!

Over-tightening your Chiller, particularly when changing elevation, can create a vacuum. If you're having trouble opening your Chiller, try placing it in the freezer for an hour, or hit the top of the Chiller hard with something like a book. Please reach out to us immediately if you're having difficulty. We want to make sure your Chiller is very easy to use!

My Chiller seems to be leaking!

First things first, be sure to check the O-Rings to make sure they are still in place and not damaged. They should sit snugly down in their little slots and can be gently removed, cleaned and pressed back in place with tweezers or a narrow chopstick.

There should be 3 O-Rings: a large one around the center Connector, one inside the neck of the Connector, and one in the small Cap. If you're missing a seal or if it's damaged, please let us know right away.

My Chiller has some stains or rust. How do I fix it?

Even the very best stainless steel is rust resistant, not rust-proof. If you're finding small spots on your Inner or Outer Chamber after use, use these methods to clean your steel parts:

STAINLESS STEEL CLEANER

Apply hot water and your chosen non-toxic stainless steel cleaning solution to a soft sponge, mixing and applying thoroughly. Proceed to wipe and rinse your Chiller clean.

BAKING SODA OR VINEGAR

Sprinkle baking soda or vinegar on dampened affected area, let it sit for 5-10 minutes, then scrub with a nonabrasive or soft sponge.

My Chiller is discolored. What can I do?

Don't worry! A discolored Chiller is still safe to use even if it's not as pretty as the day you got it. Hand-washing with hot water and liquid dish soap is the safest way to get your Outer Chamber clean.

Although your Outer Chamber should be okay in most dishwashers, some do get super-hot and bleach detergents or abrasive cleaners can damage the finish.

Warnings

- Never over-tighten your Chiller. Comfortably closing the upper components is just fine.
- Don't put Chiller parts in a microwave, on the stovetop or in any kind of oven.
- **NOT RECOMMENDED FOR USE BY CHILDREN**, except with adult supervision when configured as a baby bottle.
- Always test the temperature of contents before consuming.
- Don't overfill the Inner Chamber or Outer Chamber. Leave space at the top of the container.
- Don't freeze any parts, as freezing can cause damage.
- Hot liquid contents may cause pressure to build, which may lead to the seal bursting and cause property damage or serious injury.
- Contents should not be left in the Chiller for longer than 24 hours. Some liquids spoil sooner than others. Proceed with caution when using the product with quick-spoiling contents.
- If you suspect spoilage, use caution when opening the container. Spoilage can cause pressure to build inside the Chiller, possibly leading to the forceful ejection of the Cap.
- To avoid injury, **POINT AWAY FROM FACE AND THOSE NEARBY** when opening. If you're unable to open the container by hand, don't use tools to open it; instead, dispose of it at your local waste facility.



Watch this video of
Kristen as she breaks
it all down for you!

*be my
breast
friend*



Use your Chiller forever!

Convert your Outer Chamber into an epic thermos for your favorite cold or hot drinks.

You worked so hard -
now sit back, relax,
and drink it all in!



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