

9 | Storing and Thawing Breast Milk



These guidelines instruct how to handle pumped milk under the cleanest standard to ensure the milk remains sterile before it is fed to the baby.

Where to store milk

Storage guidelines for freshly expressed breast milk (for healthy term babies). The storage recommendation according to the CDC, is listed below:

ROOM TEMP. 16 TO 25°C (60 TO 77°F)	REFRIGERATOR 4°C (39°F) OR COLDER	FREEZER -18°C (0°F) OR COLDER	BREAST MILK THAWED IN THE REFRIGERATOR
Up to 4 hours is best	Up to 3 days is best	Up to 6 months is best	At room temperature: Up to 2 hours



*DO NOT refreeze breast milk that has been thawed.



*DO NOT feed the baby with milk that has been forgotten or left outside.

Freezing

- Breast milk should be stored and frozen only in designated milk bags.
- Make sure to fill the bags only $\frac{3}{4}$ full. The bulk of the milk rises when frozen.
- We suggest you label the bags with the date on which the milk was frozen.

- Do not use the breast milk if you have spotted that the bag has been torn. This may have allowed for bacteria to enter the milk and render it unusable.

Thawing

- Do not thaw breast milk in a microwave or in a pan of boiling water. By doing so, the milk's important components will break apart, and its nutritious value will decrease.
- To preserve breast milk components, thaw the milk overnight in the refrigerator, and prepare meals beforehand.
- Alternatively, hold the bottle or bag in warm water (max.37°C / 98.6°F).

Annabella's bottles are not freezer safe!