

BREAST MILK

STORAGE

GUIDELINES

@mrspatels



ROOM TEMPERATURE:

up to 4 hrs

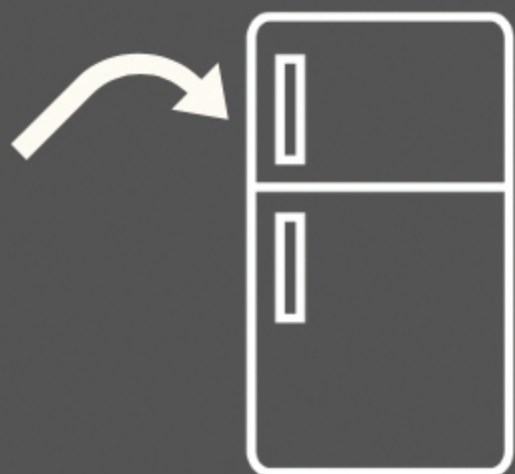
66° - 78°F



REFRIGERATOR:

up to 4 days

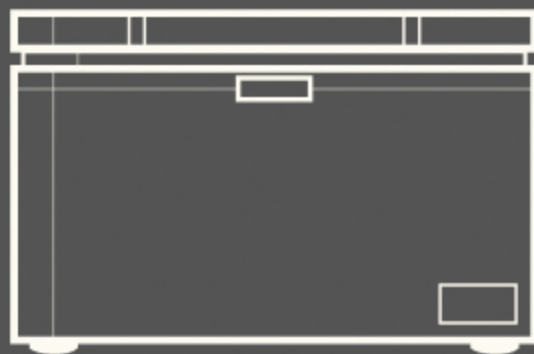
38°F or lower



FREEZER:

6 - 8 months

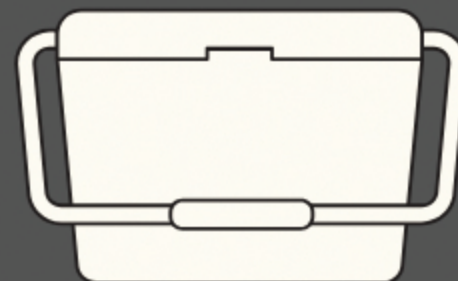
0-4°F



DEEP FREEZER:

8 - 12 months

0° to -5°F



COOLER:

24 hours

59°F