



1-800-8-NEV-WIC
(1-800-8-638-942)

NEVADAWIC.ORG

This institution is an equal opportunity provider.

STORING HUMAN MILK SAFELY

Location and Temperature	Fresh Human Milk	Thawed Human Milk
Countertop or Table 77°F or colder	Up to 4 HOURS	1-2 HOURS
Refrigerator 40°F or colder	Up to 4 DAYS	Up to 24 HOURS
Freezer (with Separate Door) 0°F or colder	Up to 6 MONTHS	NEVER REFREEZE THAWED HUMAN MILK
Deep Freezer -4°F or colder	Up to 12 MONTHS	

Adapted from USDA recommendations.

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