







# Infant Milk Storage Guidelines

	 Breastmilk	 Formula
 <b>Room Temperature</b> TEMPERATURE: 77°F	Freshly Pumped: Up to 4 hours Thawed: 1-2 hours	2 hours
 <b>Refrigerator</b> TEMPERATURE: 40°F	Freshly Pumped: Up to 4 hours Thawed: Up to 1 day	Up to 1 day
 <b>Freezer</b> TEMPERATURE: 0°F	6 months is best; Up to 12 months is acceptable Never freeze after thawing	Do not freeze and reheat

Source: CDC, <https://bit.ly/2dxVYLU>

