

Storing Breast Milk at Home

Ensure that the milk is placed at the back on the lower shelf of the fridge. Milk stored in the door will increase in temperature each time the door is opened, this can encourage bacterial growth. You can label the breast milk with a time and date.

Place	Maximum Time
Fresh Breast Milk/Colostrum	
Room	6 hours
Fridge 5-10°C	3 days
Fridge 0-4°C	5 days
Freezer- 18°C or lower	6 months
Frozen breast milk	
Defrosted in fridge	12 hours
Defrosted outside of fridge	Use immediately