

Safe Human Milk Storage

via www.CDC.gov

	Countertop	Refrigerator	Freezer
Fresh	Up to 4 hours	Up to 4 days	Up to 6 months
Thawed	1-2 hours	Up to 24 hours	NEVER refreeze previously thawed milk
Leftover	Use within two hours after the baby is finished feeding		

www.mamaelrwood.com