

Expressed Milk Storage Guidelines

	Freshly Expressed	Frozen & Thawed
Room Temperature	4 hours 66-72°F (19-22°C)	Don't Store Use within 2 hrs
Cooler Box with Ice Packs	24 hours 59°F (15°C)	Don't Store Use within 24 hrs
Refrigerator	4 Days 32-39°F (0-4°C) Store at the back	Don't Store Use within 24 hrs
Freezer	12 Months 0°F (-17.7°C)	Never Refreeze
Deep Freezer	6-12 Months 0°F (-17°C)	Never Refreeze