

# Every Ounce Counts!

Visit [BreastmilkCounts.com](http://BreastmilkCounts.com)

Texas Lactation Support Hotline 1-855-550-6667

## TIPS FOR STORING BREASTMILK EVERY OUNCE COUNTS

- Store breastmilk in quantities of 2-5 ounces in bottles or breastmilk storage bags, marked with the date.
- Thaw breastmilk in the refrigerator or by placing the container under warm water.
- Thawed breastmilk can be left on the countertop for 1-2 hours or the refrigerator for up to 24 hours.
- Never microwave or boil breastmilk.
- Do not refreeze breastmilk once it has been thawed.

## BREASTMILK STORAGE GUIDELINES

LOCATION	USE WITHIN
Countertop/Room Temperature (up to 77 F)	4 hours
Insulated Cooler Bag with Ice Packs	24 hours
Refrigerator	4 days
Freezer Section of Fridge	2 weeks
Freezer with Separate Door	6 months
Deep Freezer	12 months



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