

Breast Milk and Formula Storage Guidelines

Breast Milk

Storage Time for Human Milk*	Deep Freeze	Refrigerator Freezer	Refrigerator	Room Temperature	
	(0 °F) (-18 °C)	(variable 0 °F) (variable -18 °C)	(39 °F) (4 °C)	(66 °F–72 °F) (19 °C–22 °C)	(73 °F–79 °F) (23 °C–26 °C)
Freshly Pumped	12 Months	3–4 Months	8 Days	6–10 Hours	4 Hours
Thawed in Refrigerator, After Being Frozen	Do Not Refreeze	Do Not Refreeze	24 Hours	4 Hours	4 Hours

^{1,2} *Storage times may vary for preterm or sick babies.

Formula

Storage Instructions for Prepared Formula

Instructions

Refrigeration

Prepared from Powder

- Store at 35°–40°F (2°–4°C) no longer than 24 hours

Prepared from Concentrate or Ready-to-Use

- Store at 35°–40°F (2°–4°C) no longer than 48 hours

Room Temperature

Prepared from Powder, Concentrate or Ready-to-Use

- Keep no longer than a total of 2 hours
- If bottle is warmed, discard after 1 hour

After Feeding Begins

Prepared from Powder, Concentrate or Ready-To-Use

- Feed within 1 hour or discard
- Do not refrigerate for later feedings