

# Human Milk Storage Guidelines

## Storage Locations and Temperatures

Type of Breast Milk	Countertop 85°F or colder (29°C)	Refrigerator 39°F (4°C)	Freezer 25°F or colder (-4°C)
Freshly Expressed or Pumped	4 hours	7 days	6 to 12 months
Thawed, Previously Frozen	4 hours	24 hours	Never refreeze
Left Over from a Feeding (baby did not finish the bottle)	2 hours		

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**Breastfeeding.urmc.edu**

