

# HUMAN MILK STORAGE

## TIPS FOR STORING AND USING EXPRESSED MILK

### MILK STORAGE: REFRIGERATOR

- Expressed milk can stay at room temperature for up to 7 hours, then refrigerate.
- Store your milk in sterilized, sealed containers.
- Do not store milk in the door of the refrigerator because of temperature changes from the door opening and closing.
- Freshly expressed/pumped milk can last up to 4 days in the refrigerator at 40F (4C).
- Previously frozen/thawed milk can last up to 1 day in the refrigerator at 40F (4C).



### USING EXPRESSED MILK

- Human milk can be stored at room temperature (outside of a fridge) for up to 7 hours.
- Stored milk tends to separate into layers, with the fat (cream) rising to the top. Gently swirl the bottle to mix the layers before feeding your baby.
- To avoid wasting expressed milk, it's always a good idea to store it in small amounts, and only use what you need.

### MILK SMELLS ODD?

- Refrigerated or defrosted milk can sometimes smell different due to enzyme called lipase - it helps prevent the growth of harmful bacteria.
- It can have a soapy or rancid smell. But if all the safe-storage guidelines are followed, it will be fine to use.
- Some babies might reject it due to taste, some don't care.
- You can scald the milk on the stove to just before a boil, remove from heat immediately and cool before giving to baby.

### HOW TO WARM STORED MILK

- Place the milk bottle or bag into a cup or bowl of lukewarm water for a few minutes to bring it to body temperature (37 °C or 99 °F).
- Or use a bottle warmer.
- Do not allow the temperature to go above 40 °C (104 °F).

### MILK STORAGE: FREEZER

- Freeze your milk as soon as possible after expressing.
- Don't add body-temperature milk to frozen milk.
- For easier thawing and minimal wastage, store your milk in small portions (less than 60 ml).
- Don't fill bottles, bags and glass more than three-quarters full, as milk expands during freezing.
- Store frozen milk at the back of the freezer where the temperature is most consistent.



### USING FROZEN MILK

- Milk can be defrosted in the fridge, for about 12 hours or hold the frozen milk in the container under warm running water (a maximum of 37 °C or 99 °F). Don't leave frozen milk to thaw at room temperature.
- Once fully thawed, previously frozen milk may be kept at room temperature for up to 2 hours or in the refrigerator for up to 24 hours.
- Don't thaw or heat frozen milk in a microwave or in boiling water.
- Thawed milk left at room temperature should be fed to your baby within two hours or thrown away.
- Never re-freeze milk once thawed.

