

# How long can breast milk be stored in the freezer

How long does breast milk last in the freezer? You can store breast milk in a refrigerator with a freezer that has a separate door (0°F or -18°C) for up to 12 months, although using it within ...

You can keep freshly expressed breast milk in the back of the refrigerator for up to four days. If you don't plan to use it within four days, freeze it right after pumping.

Breast milk can be stored at room temperature (up to 77 degrees Fahrenheit) for up to four hours, in the fridge for up to four days and in a normal kitchen freezer for up to six months.

Freshly expressed breast milk can be left out at room temperature for up to four hours, and if left out--versus stored in the fridge right away--is best for immediate use.

Milk is generally considered safe for feeding for up to 12 months of freezer storage. The colder the freezer temperature the better and the less exposure to high temperatures the better.

If you are storing fresh breast milk, follow these guidelines for how long the milk can be safely stored. When storing in the refrigerator or freezer, store the milk in the back, where the temperature is most ...

Freshly expressed breast milk can be safely stored for 4 hours at room temperature, up to 4 days in the fridge, and 6-12 months in the freezer.

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Breast milk can be stored in an insulated cooler with frozen ice packs for up to 24 hours when traveling. At your destination, use the milk right away, store it in the refrigerator, or freeze it. ...

With the right storage, frozen breast milk can last up to 12 months, depending on your freezer type. For even longer preservation, freeze-drying transforms your milk into a shelf-stable ...

Freeze breast milk if you will not be using it within 48-72 hours. Breast milk expands as it freezes, so do not fill the milk all the way to the top of the storage container. Remember, store the milk in the back ...

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