

Breastmilk: Safe Storage and Preparation

Label: Breastmilk container labels should include the child's name and the date the milk was expressed.

Storing Breastmilk:

Fresh milk in the fridge:	3 – 5 days
Thawed milk in the fridge:	24 hours
Freezer inside the fridge:	2 weeks
Fridge freezer:	3 – 6 months
Deep freezer:	6 – 12 months



Thaw: Thawed frozen breastmilk may look blue, yellow, or brown with fatty layers. You can place frozen milk in the fridge and label with the date and time removed from the freezer. It can take up to 12 hours to thaw breastmilk in the fridge. Or, place directly from freezer under cool then warm running water.

Warm: Warm breastmilk by placing under warm running water or in a bowl of warm water for no longer than 15 minutes. Swirl the bottle to evenly heat. The milk should feel slightly warm, not hot.

Throw Away: Throw away any breastmilk a child does not finish within 2 hours or that has been thawed for longer than 24 hours.

Niagara  Region



For more information,
call the Parent Talk Line at:

905-688-8248 (1-888-505-6074)
ext. 7555

Adapted with permission from Best Start (2013) Fact Sheet Expressing and Storing Breastmilk.

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