**Health and Wellbeing - Breast Milk Storage Times**

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| **Breast milk status** | **Storage at room temperature (26°C or lower)** | **Storage in refrigerator (5°C or lower)** | **Storage in freezer** |
| Freshly expressed into sterile container | 6-8 hours  If refrigeration is available store milk there | No more than 72 hours  Store at back, where it is coldest | 2 weeks in freezer compartment inside refrigerator (-15°C)  3 months in freezer section of refrigerator with separate door  (-18°C)  6-12 months in deep freeze  (-20°C)\* |
| Previously frozen (thawed in refrigerator) | 4 hours or less – that is, the next feeding | 24 hours | Do not refreeze |
| Thawed outside refrigerator in warm water | For completion of feeding | 4 hours or until next feeding | Do not refreeze |
| Infant has begun feeding | Only for completion of feeding  Discard after feed | Discard | Discard |

\* Chest or upright manual defrost deep freezer that is opened infrequently and maintains ideal temperature

Source: NHMRC (National Health and Medical Research Council), 2013, *Infant Feeding Guidelines*, National Health and Medical Research Council, Canberra