

Breastmilk Storage Guidelines ParentMD®

Storage Locations & Temperatures

Type of Breastmilk		Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
	Freshly Expressed or Pumped	Up to 4 hours	Up to 4 days	Within 6 months is best; up to 12 months is acceptable
	Thawed, Previously Frozen	1-2 hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed
	Leftover from a Feeding	use within 2 hours after the baby is finished feeding		

Formula Storage Guidelines

Storage Locations & Temperatures

Type of Formula	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)
	Prepared Formula Bottle Up to 2 hours after preparation and within 1 hour from when feeding begins	Up to 24 hours
	Opened Formula Container Within 1 month of opening and never past use-by date	Never store formula container in refrigerator.