

Breast milk storage chart



Fresh milk	Room temperature (26°C)	4 h
	In a cooler with an icepack (15°C)	24h
	In a fridge at 4°C (do not store in the door shelves)	8 days
Frozen milk	In a freezer with an individual door seperated from the fridge (do not store in the door shelves) (-18°C)	6 months
	In a chest freezer (-18°C)	Up to 12 months
Thawed milk	In a fridge (4°C)	24h (never freeze again)
	Room temperature (26°C)	1h
Warmed up milk	If in contact with baby's mouth	1h
	If warmed up WITHOUT being in contact with baby's mouth (regardless if it is fresh, refrigerated or thawed milk)	4h in the fridge and has to be used in the next 4 hours or else it has to be thrown out.

Important notes :

Storage times may not be added up

Fresh milk : Milk that has just been manually extracted or pumped. It has not yet been refrigerated or frozen.

Thawed milk : Milk that was previously frozen that we wish to offer baby at the next feed.

It is preferable to freeze small portions in order to prevent waste.

It is important to write the date on the recipient (bag or bottle)

Reference : From Tiny tot to toddler, INSPQ, 2024