

Breastmilk Storage Guidelines

For healthy, full-term infants

	Room Temperature	Refrigerator	Freezer of Refrigerator (separate doors)
Freshly Expressed Breastmilk	4 hours Up to 77°F	4 days 40°F or less	6 - 12 months 0°F or less
Thawed Breastmilk (previously frozen)	1 - 2 hours	24 hours	Never refreeze thawed milk
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

Thaw milk in refrigerator overnight or place in warm water. Swirl to mix. Never use a microwave or stovetop to heat milk.

Formula Storage Guidelines

For healthy, full-term infants

	Room Temperature	Refrigerator	Expiration
Prepared powdered-formula	2 hours of preparation (Up to 77°F)	24 hours (40°F or less) as long as baby hasn't eaten from it	
Leftover from a Feeding (baby did not finish the bottle)	Use within 1 hour from when baby started feeding.	Never refrigerate after baby's feeding.	Throw out any infant formula that is left in the bottle after feeding your baby.
Infant Powdered Formula Container	Store in a cool, dry, indoor place - not in vehicles, garages or outdoors.	Do not store it in the refrigerator.	Most infant formulas need to be used within 1 month of opening the container (check the label).

Important: Center for Disease Control and Prevention recommends that you choose infant formula sold in liquid form for the first three months of life.

- When in doubt, throw it out. If you cannot remember how long you have kept formula in the refrigerator, it is safer to throw it out than to feed it to your baby.
- When you first open the powdered-formula container, write the date on the lid to help you remember.
- Never use formula after the "Use By" date on the container.