

**‘Crib Sheet’:** Tips for parents, grandparents and babysitters on ways to reduce the risk of food poisoning in households with small children.

## Breast Milk

Breast milk and prepared formula must be refrigerated at 40 °F or below. Use an appliance thermometer to be sure your refrigerator is cold enough.



- Disposable bottle liners or other plastic bags not intended for breast milk storage should never be used to store breast milk.
- Pumped breast milk should be stored in clean glass or hard BPA-free plastic bottles with tight-fitting lids. Mothers can also use milk storage bags which are made specifically for freezing human milk.
- When freezing, put the date on breast milk. Thaw and use the frozen breast milk in date order.
- Use thawed breast milk within 24 hours. Do not re-freeze thawed breast milk.
- Breast milk should be labeled with the date it was pumped. Pumped breast milk does not necessarily need to be warmed before giving it to the baby.
- Never put a bottle or bag of breast milk in the microwave.

Table 1. Guide to storing fresh breast milk

Place	Temperature	How long
Counter top, table	Room temp (60 °F – 85 °F)	No more than 3-4 hours
Small cooler with a blue ice pack	50 °F	24 hours
Refrigerator	40 °F or colder	No more than 48 hours
Freezer	0 °F or colder	No more than 6 months

Table 2. Guide to storing thawed breast milk

	Room temperature (60 °F to 85 °F)	Refrigerator (40 °F or colder)	Freezers
Thawed breast milk	No more than 1-2 hours	24 hours	Do not re-freeze