

# store breast milk safely

If you do not plan to **feed freshly expressed milk** to your baby within the next 4 hours, refrigerate or freeze it.

**refrigerator (40°F)**  
up to 4 days



**freezer, with a separate door (0°F or colder)**  
up to 6 months **is best**  
up to 12 months **is safe**



**When away from home,**  
store freshly expressed  
milk in an insulated cooler  
bag with ice packs for  
up to 24 hours.



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