

Milk storage guide

Type of Milk	Room Temp	Fridge	Freezer
Freshly pumped/ expressed	Up to 4 hours	Up to 7 days store at the back of the fridge	Bottom freezer, top freezer or side freezer - up to 6 months Freezer inside fridge - up to 2 weeks Separate freezer (i.e. chest freezer) - up to a year
Thawed from frozen	1-2 hours	24 hours	Don't refreeze
Leftover from a feed	Use within 2 hours after baby is done feeding		