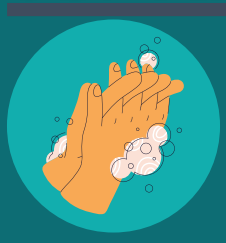
HUMAN MILK STORAGE AND PREPARATION GUIDE

BEFORE EXPRESSSING/PUMPING MILK:



Wash your hands well with soap and water.

Inspect the pump kit and tubing to make sure it is clean.
Replace moldy tubing immediately.

Clean pump dials and countertop.

STORING EXPRESSED MILK:

Use breast milk storage bags or clean food-grade containers with tight fitting lids

Avoid plastics containing bisphenol A (BPA) (recycle symbol #7).

HUMAN MILK STORAGE GUIDELINES

TYPE OF BREASTMILK	COUNTERTOP 77° F (25° C) *(room temperature)*	REFRIGERATOR 40° F (4°C)	FREEZER 0° F (-18°C) *(or colder)*
FRESHLY PUMPED OR EXPRESSED	Up to 4 hours	Up to 4 days	Within 6 months Up to 12 months in deep freeze
THAWED, PREVIOUSLY FROZEN	1 - 2 hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed
LEFTOVER FROM A FEEDING *(baby did not finish bottle)*	Use within 2 hours after baby has finished feeding		

For more information and resources visit
breastfeedingnm.org

New Mexico Breastfeeding Task Force

Information on this sheet is adapted from Centers for Disease Control & Prevention guidelines as of February 2021

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STORE

- Label milk with the date it was expressed & the child's name if delivering to childcare.
- Store milk in the back of the freezer or refrigerator, not the door.
- Freeze milk in small amounts of 2 - 4 ounces to avoid wasting any.
- When freezing leave an inch of space at the top of the container; breast milk expands as it freezes.
- Milk can be stored in an insulated cooler bag with frozen ice packs for up to 24 hours when you are traveling.
- If you don't plan to use freshly expressed milk with 4 days, freeze it right away.

THAW

- Always thaw the oldest milk first.
- Thaw milk under lukewarm running water, in a container of lukewarm water, or overnight in the refrigerator.
- Never thaw or heat milk in a microwave. Microwaving destroys nutrients and creates hot spots, which can burn a baby's mouth.
- Use milk within 24 hours of thawing in the refrigerator (from the time it is completely thawed, not from the time when you took it out of the freezer).
- Use thawed milk within 2 hours of bringing to room temperature or warming.
- Never refreeze thawed milk.

FEED

- Milk can be served cold, room temperature, or warm.
- To heat milk, place the sealed container into a bowl of warm water or hold under warm running water.
- Do not heat milk directly on the stove or in the microwave.
- Test the temperature before feeding it to your baby by putting a few drops on your wrist. It should feel warm, not hot.
- Swirl the milk to mix the fat, which may have separated.
- If your baby did not finish the bottle, leftover milk should be used within 2 hours.

CLEAN

- Wash disassembled pump and feeding parts in a clean basin with soap and water. Do not wash directly in the sink because germs in the sink could contaminate items.
- Rinse thouroughly under running water. Air-dry items on a clean dishtowel or paper towel.
- Using clean hands, store dry items in a clean, protected area.
- For extra germ removal, sanitize feeding items daily using one of these methods:

Steam in a microwave or plug in steam system according to manufacturer's directions (after cleaning)

Boil in water for 5 minutes (after cleaning)

Dishwasher using hot water & heated dry (or sanitize setting)

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