

Box 5.1 Storing breast milk

- Always wash your hands before expressing milk
- Choosing a container for breast milk
 - Use sealable container, such as bottle with screw top
 - Wash container with soapy water or clean in dishwasher before use
 - Use plastic when using within a few hours or refrigerating
 - Use glass when freezing
 - Do not store in disposable bottle liners
- Amount to put in individual container
 - Store as 2–4 ounce portions ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
 - May use clean ice cube tray for storage—each cube is about 1 ounce. Cover tray while storing milk.
- Acceptable duration of storage of freshly expressed milk
 - Up to 10 hours at room temperature
 - Up to 24 hours in cooler with ice packs
 - Up to 1 week in refrigerator
 - Store in back of refrigerator rather than on door to achieve better maintained temperature
 - Up to 2 weeks in freezer
 - Thaw 12 hours in refrigerator
 - Never microwave
 - May refrigerate for 24 hours after thawing
 - Do not re-freeze
 - Resources for more information
 - <http://www.llli.org/nb.html> [La Leche League International website]
 - <http://www.breastfeed-essentials.com/storagehandling.html>
 - <http://www.breastfeedingbasics.com>