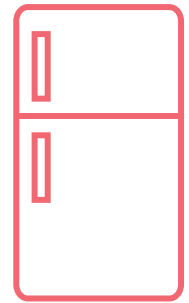




Breast Milk & Formula Storage Guidelines



Breast Milk

4-6 hours on the counter
4-6 days in the fridge
4-6 months in the freezer
(Freeze in bags only, in the deepest part of your freezer)
Use within 24 hours after defrosted



Make sure to cool your pumped breast milk in the fridge before moving it to the freezer.



When thawing breast milk using the fridge, you must use the milk within 24 hours.

If you thaw milk on the counter or in warm water, use it within 6 hours.

You can combine 2 bottles of breast milk when they are at the same temperature.



Formula

1 hour on the counter
24 hours in the fridge
Can't freeze it
1 scoop per 2 fl. oz.



If a formula bottle touches your baby's lips, it must be used within an hour or dumped out.

Don't mix formula and breast milk in the same bottle. Give all breast milk first, then give a 2nd bottle of formula.

Unfinished breastmilk can be reused within 1 hour at room temperature, or it can last for up to 4 hours back in the fridge. This is not to be combined with other milk and should only be done with a very healthy baby. Consult with your doctor if your baby is premature or sick.

