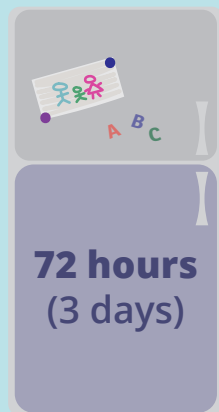


Storing expressed breast milk



How long can breast milk be kept and where?

In the fridge for no more than **3 days**, up to **2 weeks** in the freezer section of a fridge, in a freezer with a separate door for up to **3 months** or in a deep freeze for up to **12 months**.



Fridge



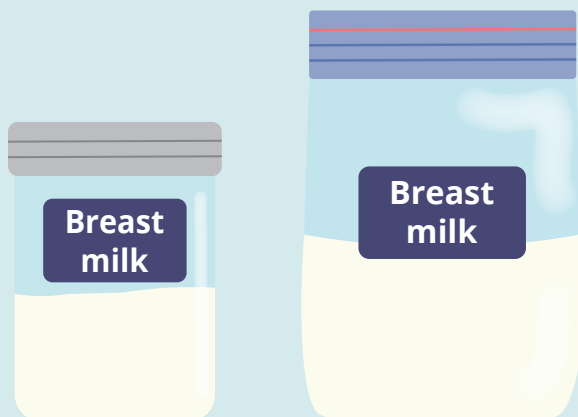
Freezer in fridge



Freezer



Deep freeze



How do I store breast milk?

Breast milk can be stored in sterilised glass or plastic containers, including sealable plastic bags.

Storing tips

-  Breast milk kept in the fridge can be frozen after 2 days
-  Write the date and time the milk was expressed
-  Always use a sterilised container

Reheating tips

-  Defrost in the fridge, then use straight away
-  Don't refreeze breast milk once it's been thawed
-  Warm the bottle of milk in warm water, not in the microwave