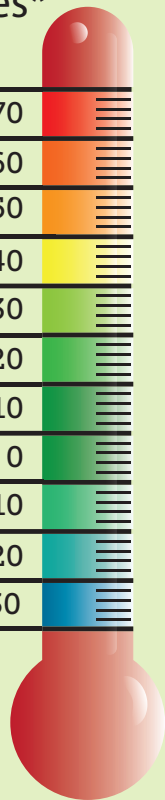


# Breast Milk Storage Guidelines\*

Location	Temperature	Time	
Countertop or Table	Room Temperature Up to 77° F (25° C)	Up to 4 hours	70
			60
			50
Refrigerator	Below 40° F (4° C)	Up to 4 days Up to 1 day	40
			30
			20
Insulated cooler/ icepacks	5 - 40° F (-15-4° C)	Up to 24 Hours	10
			0
			-10
Freezer Compartment Inside Refrigerator	5° F (-15° C)	2 Weeks	0
Freezer Compartment Attached to Refrigerator	At or below 0° F (-18° C)	Up to 6 Months	-10
Deep Freezer	At or below -4° F (-20° C)	Up to 12 Months	-20
			-30



\*These guidelines are for healthy full term babies and may vary for premature or sick babies. Check with your healthcare provider. Guidelines are for home use only and not for hospital or child care use.



Contact WIC at 1-800-688-7777 or visit [www.ColoradoWIC.com](http://www.ColoradoWIC.com).