

# Child Care Breast Milk Storage Guidelines (for Healthy Full Term Babies)\*

Location	Temperature	Time	
Countertop, table, warmed or room temperature	Room Temperature Up to 77° F (25° C)	1 hour	70
			60
			50
Refrigerator	At or below 41° F (5° C)	24 hours	40
			30
			20
Freezer compartment inside refrigerator	5° F (-15° C)	2 weeks	10
Freezer compartment attached to refrigerator (separate doors)	At or below 0° F (-18° C)	Up to 6 months	0
			-10
Deep freezer	At or below -4° F (-20° C)	Up to 12 months	-20
			-30

\*Storage times and temperatures may vary for premature or sick babies. Check with your healthcare provider

#### Storage Table References

1. Rules and Regulations Governing the Health and Sanitation of Child Care Facilities in the State of Colorado. 6 CCR 1010-7, 7.12.3.
2. Caring for Our Children: National Health and Safety Performance Standards, third edition. 4.3.1.9.
3. Centers for Disease Control and Prevention (CDC). [http://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm).
4. USDA. Human Milk Storage Guidelines for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). 2016.

***Breast milk unopened and not used the day it was prepared or received must be returned to the parent/guardian (or discarded) at the end of the day. This does NOT apply to frozen breast milk.***