

# 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
			40
Refrigerator	At or below 41° F (5° C)	24 hours	30
			20
			10
Freezer compartment inside refrigerator	5° F (-15° C)	2 weeks	0
Freezer compartment attached to refrigerator (separate doors)	At or below 0° F (-18° C)	Up to 6 months	-10
			-20
			-30
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.***