

Simple rules for feeding, storing and thawing breastmilk

@NURTURETALK

Fresh

Rule of 4's

Room temperature : Up to 4 hours

Refrigerator: Up to 4 days

Insulated cooler: Up to 12 hours

Frozen

Rule of 6's

Refrigerator freezer : 3-6 months

Deep freezer: Up to 12 months

Thawing in fridge: Up to 24 hours after
ice chunk is melted

Thawed

Rule of 2's

Room temperature:

Up to 2 hours

Refrigerator:

Up to 24 hours

**Left-over in bottle after
a feeding:**

Up to 2 hours, then toss

Quick tips

**Freeze milk in 2-4
ounce servings**

Freeze bags flat for
easier storage

**Okay to add cooled-
fresh breastmilk to
already refrigerated
/frozen milk**