



BABY

DATE _____

HOURS AWAY

TOTAL TO LEAVE

HOW TO WARM IT

- ## WHAT TO DO WITH WHAT IS LEFT

- ## THE RULES THAT SAVE THE MOST MILK

- QUESTIONS? CALL OR TEXT

OTHER CONTACT

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HOW TO WARM IT

- Thaw in the fridge, or hold the bag under **lukewarm running water**.
- **Never the microwave**, and never directly on the stove (CDC): warm, not hot. The microwave makes hot spots that can burn the baby.
- Swirl gently to mix the cream layer back in. Separated milk is normal.
- Test a drop on your wrist: warm, not hot. Per the CDC, milk does not need to be warmed; cold is fine too.

WHAT TO DO WITH WHAT IS LEFT

- Once warmed or brought to room temperature: **use within 2 hours** (CDC).
- Once the baby has drunk from the bottle: **use within 2 hours from the start of the feed**, then throw away what is left.
- A bottle that was never warmed and never offered keeps its own date. Put it back in the fridge.

- **Oldest first**, in the printed order, even if a newer bag is easier to reach.
- Thawed milk lives in the fridge and keeps **about 24 hours from fully thawed** (CDC estimate).
- **Never refreeze** milk that has thawed.
- When a bag looks or smells different, set it aside and ask before using it.