



Breast milk inventory log

Four columns decide everything: when you pumped it (date and time), how much, where it is, and the estimated use-by date. Oldest first.

[illegible]

ESTIMATED LIMITS, CDC

Room temperature (77 °F / 25 °C or colder)	4 hours	Insulated cooler with frozen ice packs	24 hours
Refrigerator (40 °F / 4 °C or colder)	4 days	Thawed, in the refrigerator	24 hours
Freezer (0 °F / –18 °C)	6 months best, 12 acceptable	Leftover in a started bottle	2 hours

How to keep it honest. Write the row when you bag the milk, not later. A bag that holds milk from several sessions takes the **oldest** time in it. Once a bag leaves the freezer it is on the 24-hour thawed clock and never goes back in. Cross a row out when the bag is used or discarded, so the top of the list is always what to use next.

Estimates from published guidance (CDC: Storage and Preparation of Breast Milk, [cdc.gov](https://www.cdc.gov/breastmilk/); figures re-read 2026-09-03). Every date on this sheet is an estimate, not a guarantee. Not medical advice: when in doubt about a bag, ask your pediatrician or lactation consultant.

