



Breast Milk Storage Chart

CDC guidelines — estimated times for freshly expressed milk

CONDITION	ESTIMATED LIMIT
Room temperature (up to 77 °F / 25 °C)	Up to 4 hours
Refrigerator (up to 40 °F / 4 °C)	Up to 4 days
Freezer (0 °F / −18 °C)	6 months best; up to 12 months acceptable
Thawed, in the refrigerator	Use within 24 hours from fully thawed
Thawed, at room temperature	1–2 hours
Leftover from a feeding	Use within 2 hours, then discard
Previously frozen milk	Never refreeze after thawing

Three rules that save the most milk

- Back of the fridge, never the door.
- Freeze flat in 2–4 oz (60–120 ml) bags, dated — use the oldest first.
- Thaw in the fridge overnight; never refreeze, never microwave.

Estimates from published guidelines (CDC: Storage and Preparation of Breast Milk, [cdc.gov](https://www.cdc.gov/breastmilk/)). Not medical advice — when in doubt, ask your pediatrician or lactation consultant.