

5 TIPS FOR FREEZING BREAST MILK

1

Storage Bags Save Space

Save space in your freezer by keeping milk in storage bags instead of bottles. Make sure to lie them flat.

2

Do Not Freeze Nipples

Do not put bottle nipples in the freezer or they can crack.

3

Freeze in Small Batches

Freeze in small batches of 2-4 oz. each. Do not fill the all the way to the top of the container because milk expands when frozen.

4

Store in the Main Part of the Freezer

Do not store breast milk on the door. Lower temperatures may cause bacteria to grow.

5

Freeze Up to 6 Months

Milk can be stored for up to 6 months in a regular freezer and 12 months in a deep freezer. Use the oldest milk first.



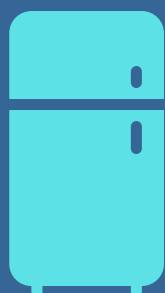
TIPS FOR THAWING BREAST MILK

Thawed breast milk must be used within 24 hours.

24



Never heat up breast milk in the microwave or on the stove!



Thaw breast milk in the fridge overnight, or hold it under warm running water or in a bowl of warm water.

Never re-freeze thawed milk!

