



Storing Milk for Your Healthy Full-Term Infant

Where	Temperature	Time	Comments
Room temperature	66° to 78°F (19° to 26°C)	4-8 hours	Containers should be covered and kept as cool as possible; covering the container with a damp towel may keep milk cooler.
Insulated cooler bag	5° to 39°F (-15° to 4°C)	24 hours	Keep ice packs in constant contact with milk containers; limit opening cooler bag.
Refrigerator	39°F (4°C)	3-8 days	Collect in a very clean way to minimize spoilage. Store milk in the back of the main body of the refrigerator.
Freezer compartment of refrigerator	5°F (-15°C)	2 weeks	Store milk away from sides and toward the back of the freezer, where temperature is most constant. Milk stored for longer than these ranges is usually safe, but some of the fats in the milk break down over time.
Freezer compartment of refrigerator with separate doors	0°F (-18°C)	3-6 months	
Deep freezer	-4°F (-20°C)	6-12 months	