

Storing human milk

Human milk can be stored in the fridge or freezer.
The following table shows the length of time human milk can be kept.

Where kept	Length of time milk will keep
In the fridge (not in the door)	3 - 5 days
A freezer compartment inside a fridge	2 weeks
A separate door fridge/freezer	3 - 4 months
A separate deep freeze	6 - 12 months



Some points to remember:

- wash hands before expressing
- use containers that have been washed in hot, soapy water and rinsed
- if intending to freeze human milk use a strong plastic container
- write the date on the container each time you use it to store milk

How to warm human milk:

- thaw and/or heat under warm, running water
- shake milk gently before testing the temperature
- do not use a microwave oven to heat milk because it may damage some of the components. Microwave ovens heat unevenly and may cause internal burns to your baby



This information has been provided by the Family, Child and Youth Health Service - Department of Health and Human Services (Tasmania).

For more information contact the Parenting Line on 1300 808 178.