

# Storing Breast Milk Safely

If you are going back to work or school, you can pump extra breast milk in between feedings and store it to give to your baby later.

## Where should I put breast milk?

- Keep breast milk in clean containers with lids that seal tightly, like baby bottles, glass jars, or food storage containers.
- Write the date on the container with a waterproof marker. Write your baby's name too if it will be used in daycare.
- Put breast milk in the refrigerator right away. If you pump at work, use a small cooler with a frozen gel pack until you get home.



## How long can I store breast milk?

- You can refrigerate breast milk for up to 5 days.
- You can freeze breast milk in a regular freezer for up to 6 months.
- You can freeze breast milk in a deep freezer at -20 degrees F for up to 12 months. If you freeze breast milk in a deep freezer, keep it away from the freezer door and fan.

## How should I heat up stored breast milk?

To heat up cold or frozen breast milk, you can:

- Thaw breast milk overnight in the refrigerator.
- Thaw breast milk under lukewarm running tap water.
- Thaw breast milk in a pan of lukewarm water.

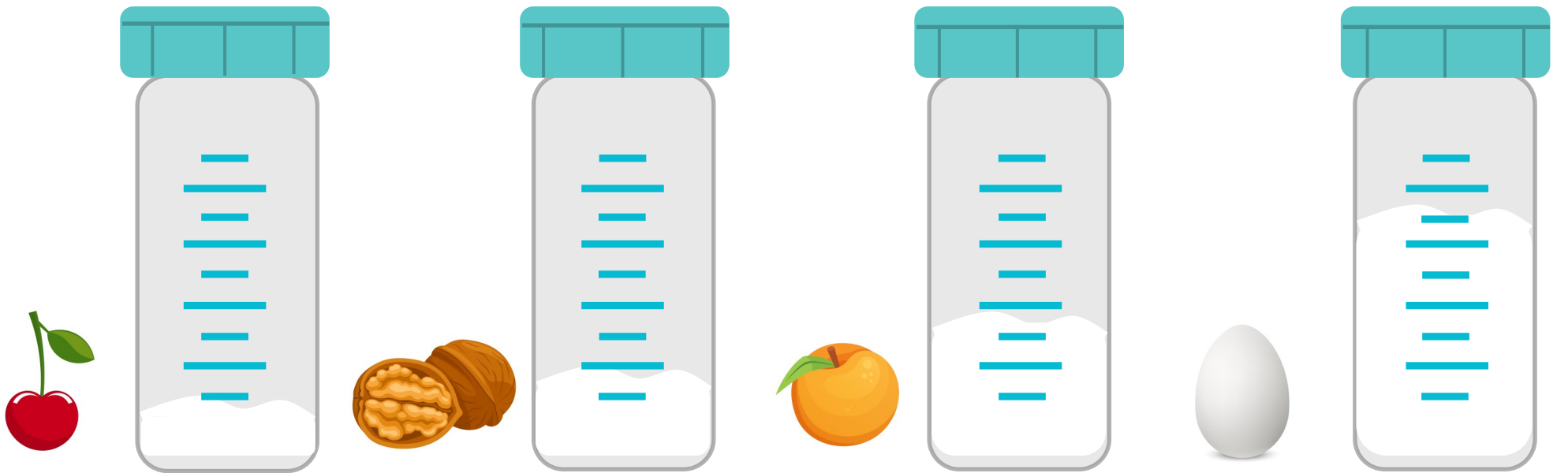
**Make sure you use thawed breast milk within 24 hours.**

## What things should I avoid?

- Never shake breast milk, even when it's thawing.
- Never thaw breast milk with hot water.
- Never use a microwave to thaw or warm breast milk. Microwaves damage breast milk.
- Never put thawed breast milk back in the freezer
- Never mix breast milk and formula in the same bottle

# How much will my baby eat?

Your breast milk is all your baby needs. Use this picture to learn about how much breast milk newborn babies need.



**Day 1:** Your baby's stomach is **the size of a cherry.**

**5 to 7 milliliters (ml)**  
**.5 teaspoons (tsp)**

**Day 3:** Your baby's stomach is **the size of a walnut.**

**22 to 27 milliliters (ml)**

**One week:** Your baby's stomach is **the size of an apricot.**

**40 to 60 milliliters (ml)**

**One month:** Your baby's stomach is **the size of a large egg.**

**80 to 150 milliliters (ml)**

**Every baby is different with how much they want to eat.** Pay attention to their **hunger cues** to know for sure what they