



Eats On Feets Breastmilk Storage Information

Distributed By:

Location of storage	Temp	Maximum recommended storage time	Notes
Room temperature	16-29°C (60-85°F)	3-4 hours optimal 6-8 hours acceptable under very clean conditions	<i>Covered containers</i>
Insulated cooler bag	15°C (59°F)	24 hours	<i>Keep ice packs in contact with milk container</i>
Refrigerator	≤4°C (39°F)	72 hours optimal 5-8 days under very clean conditions	<i>Store milk in the back of the main body of the refrigerator</i>
Freezer compartment of refrigerator	-15°C (5°F)	2 weeks	
Freezer	≤-17°C (0°F)	Up to 6 months is best Up to 12 months is acceptable	<i>Store milk toward the back of the freezer.</i>

"Freezer foods are kept safe almost indefinitely. These recommendations are for quality only."

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