

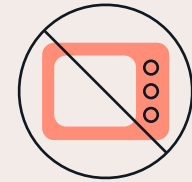
6 tips for safe breast milk storage



Clearly label expressed breast milk with a date, time and volume



Remember the rule of 4:
Up to 4 hours at room temperature,
4 days in the refrigerator



Never use the microwave to
thaw or warm breast milk



Use thawed breast milk within
24 hours. Never refreeze



Freeze breast milk in amounts
your baby will eat to avoid waste



Breast milk can last up to
24 hours in a cooler with ice packs