



Tips for Using Frozen Breastmilk

To freeze milk:

- Store in appropriate containers (milk storage bags, BPA-free plastic or glass baby bottles with tight fitting lids).
- Store in 2 to 4 ounce amounts.
- Do not completely fill the container; leave space at the top for expansion when frozen.
- Label container with date and amount.
- Milk can last 5 to 6 months in a freezer that is attached to a refrigerator or up to 12 months in a deep freezer.
- Do not store milk in freezer door.

To thaw frozen milk:

- Use oldest milk first.
- **Never** refreeze thawed milk.
- Options:
 - o Place container in refrigerator overnight.
 - o Hold under cool running water.



1 [wikihow.com](http://www.wikihow.com)

To warm milk:

- Breastmilk is room temperature when it comes straight from the breast. Babies can drink milk that is straight from the refrigerator or warmed slightly.
- Options:
 - o Place container of milk in bowl of warm water (water can either be heated in microwave or on stove).
 - **Never** microwave milk or heat directly on stove
 - o Use bottle warmer.
 - o Hold under warm running water.
- Test breastmilk temperature on inside of wrist – cool or warm milk is appropriate.



3 www.parents.com



2 [wikihow.com](http://www.wikihow.com)

- It is normal for milk to separate; once the milk is to appropriate temperature, swirl the milk to mix it. **Never** shake breastmilk.
- Use breastmilk within 24 hours of being thawed. After 24 hours, you must throw away any thawed breastmilk that has not been used.

WIC Breastfeeding Hotlines: Greensboro: 336-641-4114 High Point: 336-641-7689

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