



Safe Handling and Storage of Your Milk

Expressing your milk

- Wash your hands before expressing or handling your milk.
- Any clean container works. To avoid known toxins, use glass or look for the number 5 recycling symbol and/or the letters PP on the bottom of the container.
- Put date and name on the bag or bottle before filling.

Storing your milk

- Refrigerate or chill your milk right after expressing if it won't be used in the next few hours.
- If milk separates, swirl (don't shake) to redistribute cream before feeding.
- Combine several pumpings in one container by adding cold to cold.
- Milk expands as it freezes, so leave space at the top if you plan to freeze.
- Fill each container with only 2 ounces (60 ml) to minimize waste.
- Unneeded milk can be frozen for use later as needed.
- Store in the back of the freezer away from sides, where temperature is most steady.
- If storing milk in bags, double-bag them or store in sealed container to avoid freezer burn.
- Horizontal bags may save space.
- Use the oldest frozen milk first to keep it from getting too old.

Thawing your milk

- Thaw frozen milk in refrigerator or a bowl of warm water or under warm faucet.
- Don't heat the milk directly on the stove, don't use a microwave.
- Some babies are happy to drink cold milk.
- Thawed can be refrigerated for up to twenty-four hours. Then use, refreeze, or discard.