

How long can you safely store freshly expressed breast milk?

Room temperature	Up to 6 hours (4 hours if your baby is in the NICU)
Fridge (between 0° and 4° C)	Up to 5 days
Separate-door fridge freezer (-18°C, top shelf in the back)	Up to 6 months
Deep freeze (-20°C)	Up to 12 months

Storage recommendation for term infants. These storage times are the maximum allotment. For best nutrition store breast milk in the freezer for as short a time as possible.