



**FOX
& CUB**
Family Wellness

Milk Storage

guidelines



 BREASTMILK	STORAGE LOCATION + TEMP°F		
	 COUNTERTOP 77°F or less	 REFRIGERATOR 40°F	 FREEZER 0°F or less
Freshly Pumped	Up to 4 hours	Up to 4 days	6–12 months
Thawed Previously Frozen	1–2 hours	Up to 1 day	Never refreeze after thawing
Leftover Milk Unfinished Bottle	Use within 2 hours after the end of feed		

 FORMULA	STORAGE LOCATION + TEMP°F		
	 COUNTERTOP 77°F or less	 REFRIGERATOR 40°F	 FREEZER 0°F or less
Freshly Mixed	Up to 2 hours	Up to 1 day	Never freeze formula
Leftover Milk Unfinished Bottle	Any formula not consumed within 1 hour after feed begins should be discarded		



A gentle reminder

Milk storage guidelines help protect your baby's health.
When in doubt, it's always safest to follow these times.



NURTURING FAMILIES. SUPPORTING GROWTH.



 www.foxandcubfamilywellness.com