

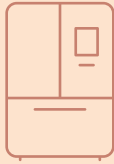




# How to Store Your Breast Milk

ROOM TEMPERATURE	INSULATED COOLER BAG	REFRIGERATOR	FREEZER	DEEP FREEZER
				
4-6 hours	24 hours	72 hours	3-6 months	6-12 months
66°-78°F	5°-39°F	5°F	0°F	-4°F
Contents should be covered and kept as cool as possible.	Keep ice packs in constant contact with milk containers.	Store milk in the back of the refrigerator.	Store milk in the back of the freezer away from the sides.	After thawing, do NOT refreeze.