

# How long can breast milk storage box be kept in the freezer

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Up to 4% cash back! You can keep freshly expressed breast milk in the back of the refrigerator for up to four days. If you don't plan to use it ...

You can keep freshly expressed breast milk in the back of the refrigerator for up to four days. If you don't plan to use it within four days, freeze it right after pumping.

Various factors affect how long human milk can be stored safely. The storage and preparation techniques recommended can help maintain the safety and quality of expressed breast ...

Freshly pumped breast milk can be kept at room temperature for up to four hours, in the fridge for up to four days, and in the freezer for up to 12 months (with 6 months being ideal).

If your freezer door is contained within your refrigerator space, you can only keep frozen milk for up to two weeks. When you use a separate deep freezer, you can store expressed breast ...

Milk is generally considered safe for feeding for up to 12 months of freezer storage. The colder the freezer temperature the better and the less exposure to high temperatures the better.

Freshly expressed breast milk can be left out at room temperature for up to four hours, and if left out--versus stored in the fridge right away--is best for immediate use.

Breast milk can be stored at room temperature, in the fridge, or in the freezer for certain amounts of time. Storing breast milk properly can help keep it safe to feed to your baby.

If you will be storing your breast milk at home, please use the table below to determine how long you can store fresh, frozen, and thawed milk at home.



## How long can breast milk storage box be kept in the freezer

Storage Duration: Frozen breast milk can generally be stored for up to six months in a freezer attached to a refrigerator and up to a year in a chest or deep freezer.

Freeze breast milk if you will not be using it within 48-72 hours. Breast milk expands as it freezes, so do not fill the milk all the way to the top of the storage container. Remember, store the milk in the back ...

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