

Safe Handling of Human Milk



Preparing a Bottle

- Wash hands well with soap and warm water.
- Use a clean bottle or cup.
- Use the oldest dated milk first.
- Offer milk cold, warm, or at room temperature.
- To thaw and/or warm milk, place the sealed bag or bottle in a bowl of warm water.
- Do not use a microwave to heat milk
 - it can create hot spots which can cause burns.
 - it may destroy some of the nutrients in the milk.
- Test the temperature on the inside of your wrist.
- The fat in the milk can separate and cling to the sides of the bottle. Gently swirl the bottle to mix the fat into the milk.
- For milk that must be discarded according to licensing regulations, ask families if they prefer to have their milk returned to them.

STORAGE LOCATION, TEMPERATURE & TIME TO USE

	Countertop 77° F or colder (room temperature)	Refrigerator 40° F	Freezer 0° F or colder
Freshly expressed	Up to 4 hours	Up to 4 days	Within 6 months is best. Up to 12 months is acceptable.
Thawed, previously frozen	1-2 Hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed.
Leftover from a feeding	Use within 2 hours after the baby has finished.		

These guidelines are for healthy full-term babies and may vary for premature or sick babies.