

ARIZONA BREASTMILK STORAGE GUIDELINES

Breastmilk from Home	Breastmilk Storage at Facility		
	Countertop/Room Temp 77° F (25° C)	Refrigerator 40° F (4° C)	Freezer 0° F (-18° C)
Fresh, never frozen	4 hours	24 hours	6 months is best practice 12 months max
Refrigerated	4 hours	24 hours	6 months is best practice 12 months max
Thawed	1-2 hours	24 hours	Don't refreeze thawed breastmilk
Frozen	Not recommended	24 hours	6 months is best practice 12 months max
Leftover	Use within 2 hours after the initial feeding Best practice: Have parent document how they want to handle leftovers		Don't refreeze thawed breastmilk

Arizona 24 Hour Breastfeeding Hotline for parents and providers - **1-800-833-4642**

Created September 2022 from the following sources: Caring for Our Children 4th edition, CACFP, AAP