

Breast Milk Policy

The following guidelines have been implemented in order to maintain the high nourishment content of breast milk and to limit contamination and germ cultivation.

1. Refrigerated Breast Milk Storage

- Should be stored at 39 degrees F
- Store in main area of refrigerator – not in door (door tends to be warmer due to frequent opening.)
- May be stored safely up to 72 hours (3 days)

2. Frozen Breast Milk Storage

- Should be stored at –4 degrees F
- Store in main area of freezer – not in door (door tends to be warmer due to frequent opening.)
- Hard plastic storage containers recommended (some milk components may stick to plastic bags.)
- Stored safely up to 2 wks in freezer compartment refrigerator
3 mos in freezer with separate door
6 mos in chest freezer

3. Preparation of Breast Milk

- Warm in bowl of warm water on counter top (disinfect bowl after each use) – never microwave (causes nutrient break down)
- Do not allow water to contact cap or nipple
- Heat to room temperature
- Milk may remain at room temperature for up to 1 hour during feeding process
- Milk may not be re-refrigerated – Discard unused portions.

NOTE ** The Center for Disease Control has stated that Universal Precautions are not necessary when handling breast milk. Gloves are optional and based on preference of caregiver.