MAMA OF ALL TRADES

Milk Storage Guidelines

	Counter	Fridge	Freezer
Freshly Pumped	Up to 4 hours	Up to 4 days	Up to 12 months
Previously Frozen	1-2 Hours	Up to 1 Day	NEVER- do not refreeze
Leftover from Feeding	Use within 2 hours from end of feeding		

CDC Guidelines Here.