

Storing Breastmilk

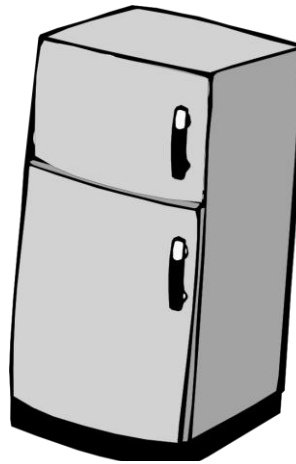
You can refrigerate freshly expressed breastmilk for up to **8 days**

You can also freeze freshly expressed breastmilk

How to store breastmilk in different Freezers



Freezer inside the fridge
= 2 weeks.



Separate freezer
on top of fridge
= 6 months



Deep freezer
= 12 months