Lacevo

how to store breast milk

EVERY DROP IS HARD-WON. HERE'S EXACTLY HOW LONG IT LASTS, WHERE TO KEEP IT AND HOW TO USE IT SAFELY, SO NOTHING YOU'VE WORKED FOR GOES DOWN THE SINK.

BASED ON CDC BREAST MILK STORAGE GUIDELINES

01 how long it lasts

KEEP MILK AT THE BACK OF THE FRIDGE OR FREEZER, NEVER IN THE DOOR.

BREAST MILK	ROOM TEMPERATURE 77°F or colder	REFRIGERATOR	FREEZER
freshly expressed	up to 4 hours	up to 4 days NOT USING IT BY THEN? FREEZE IT RIGHT AWAY	6-12 months ABOUT 6 MONTHS IS BEST, UP TO 12 MONTHS IS ACCEPTABLE
thawed, previously frozen	1-2 hours	up to 24 hours COUNTED FROM WHEN IT'S FULLY THAWED	never refreeze
brought to room temperature, or warmed	2 hours	–	never refreeze
leftover after a feed	2 hours AFTER THE BABY FINISHES, THEN THROW IT AWAY	–	–

02 freeze it smart

FREEZING KEEPS MILK SAFE, BUT QUALITY DROPS THE LONGER IT'S STORED.

WHEN

within 4 days

IF YOU WON'T USE FRESH MILK WITHIN 4 DAYS, FREEZE IT RIGHT AWAY

HOW MUCH

2-4 oz

FREEZE ONE FEED'S WORTH PER BAG, SO NOTHING GOES TO WASTE

HOW LONG

6-12 months

ABOUT 6 MONTHS IS BEST. UP TO 12 MONTHS IS ACCEPTABLE

03 store, thaw, warm

store

01 MADE FOR MILK
USE BREAST MILK STORAGE BAGS OR CLEAN, FOOD-GRADE CONTAINERS.

02 LABEL EVERY BAG
DATE EXPRESSED. FOR CHILDCARE, ADD YOUR CHILD'S NAME.

03 BACK, NOT THE DOOR
AVOID TEMPERATURE SWINGS IN THE FRIDGE OR FREEZER DOOR.

04 LEAVE ROOM
LEAVE ABOUT AN INCH AT THE TOP. MILK EXPANDS AS IT FREEZES.

05 COMBINING MILK
COOL FRESH MILK BEFORE ADDING IT TO OLDER MILK. DATE IT BY THE OLDEST MILK.

thaw

01 OLDEST FIRST
ALWAYS THAW THE OLDEST MILK FIRST.

02 THREE WAYS
IN THE FRIDGE OVERNIGHT, IN A BOWL OF WARM WATER, OR UNDER LUKEWARM RUNNING WATER.

03 THAWED MILK CLOCK
FRIDGE: UP TO 24 HOURS ONCE FULLY THAWED. COUNTERTOP: 1-2 HOURS.

warm

01 OPTIONAL
MILK DOESN'T NEED WARMING. ROOM TEMPERATURE OR COLD IS FINE.

02 SEALED AND GENTLE
KEEP IT SEALED. STAND IT IN WARM WATER OR UNDER WARM (NOT HOT) RUNNING WATER.

03 WRIST CHECK
TEST A FEW DROPS ON YOUR WRIST BEFORE FEEDING.

04 SWIRL
SWIRL TO MIX IN ANY FAT THAT HAS SEPARATED.

THE NON-NEGOTIABLES

never microwave
IT CAN DESTROY NUTRIENTS AND CREATE HOT SPOTS THAT BURN A BABY'S MOUTH.

never the stovetop
DON'T HEAT MILK DIRECTLY ON THE STOVE.

never refreeze
ONCE MILK HAS THAWED, IT STAYS THAWED.

never save leftovers
USE WITHIN 2 HOURS OF A FEED, THEN THROW IT AWAY.

04 read your LACEVO bag



PURPLE = COLD
STRAIGHT FROM THE FRIDGE OR FREEZER. SAFE TO FEED COLD, OR KEEP WARMING IF YOUR BABY PREFERS IT WARM.

BLUE = OPTIMUM
OPTIMUM FEEDING TEMPERATURE. CHECK ON YOUR WRIST, THEN FEED.

WHITE = HOT
TOO HOT. LET IT COOL BEFORE FEEDING.

2-4 oz
FREEZE ONE FEED'S WORTH PER BAG AND LEAVE ABOUT AN INCH AT THE TOP. EACH LACEVO BAG HOLDS UP TO 6.8 OZ.

AS A SAFETY PRECAUTION, ALWAYS TEST THE MILK TEMPERATURE ON YOUR SKIN BEFORE GIVING IT TO YOUR BABY.

05
on the go

AN INSULATED COOLER WITH FROZEN ICE PACKS KEEPS MILK FOR UP TO 24 HOURS.

WHEN YOU ARRIVE, USE IT, REFRIGERATE IT OR FREEZE IT.

FLYING? YOU CAN CARRY MORE THAN 3.4 OZ OF BREAST MILK IN YOUR CARRY-ON, PLUS ICE AND GEL PACKS.

06
if the power goes out

KEEP DOORS SHUT. A FULL, UNOPENED FREEZER KEEPS FOOD SAFE FOR ABOUT 48 HOURS, A HALF-FULL ONE ABOUT 24 HOURS.

STILL HAS ICE CRYSTALS? IT CAN BE REFROZEN.

FULLY THAWED BUT STILL COLD? REFRIGERATE AND USE WITHIN THE NEXT DAY, OR THROW IT AWAY.

store it like it matters

SOURCE

ADAPTED FROM CDC: BREAST MILK STORAGE AND PREPARATION (UPDATED AUG 14, 2026) AND BREAST MILK STORAGE QUESTIONS AND ANSWERS (DEC 15, 2023). CDC.GOV/BREASTFEEDING

PLEASE NOTE

IF YOUR BABY WAS BORN PREMATURE OR IS IN THE HOSPITAL, TALK TO YOUR BABY'S HEALTHCARE PROVIDER, AS STORAGE ADVICE MAY DIFFER.

Lacevo
LACEVO.US