

# Storing Colostrum/Human milk

You can store breast milk in a sterilised container or in special breast milk storage bags:

- ♥ in the fridge for up to 8 days at 4C or lower (you can buy fridge thermometers online) – if you're not sure of the temperature 4C, use it within 3 days
- ♥ for 2 weeks in the ice compartment of a fridge
- ♥ for up to 6 months in a freezer, if it's -18C or lower

Breast milk that's been cooled in the fridge can be carried in a cool bag with ice packs for up to 24 hours. Storing breast milk in small quantities will help avoid waste. If you're freezing it, make sure you label and date it first.