

Citrus County
Infant Feeding Line
352-513-6060

Available after hours and on weekends
8 a.m. - 9 p.m.

HUMAN MILK STORAGE LOCATIONS AND TEMPERATURES

Type of Breast Milk	Countertop 77°F (25°C) <i>Room Temp.</i>	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) <i>or colder</i>
Freshly expressed or pumped	Up to 4 hours	Up to 4 days	Within 6 months , up to 12 months
Thawed, previously frozen	1-2 hours	Up to 1 day (24 hours)	NEVER refreeze human milk after is has been thawed
Leftover from a feeding (did not finish bottle)	Use within 2 hours after baby is finished eating		