



Breast milk 101:

Storing, freezing and thawing

Handle your milk with care to ensure your baby can consume it safely.

State of milk

Where to store

Recommended storage duration

Expressed



At room temperature of 25°C

4 hours

In a cooler with ice pack at 15°C

24 hours

In the fridge at 4°C

48 hours

Frozen



In a two-door fridge stored at -5°C to -15°C

3-6 months

In a deep freezer at -20°C

6-12 months

Thawed



In the fridge at 4°C

24 hours

- Thaw frozen milk in the refrigerator or in a cup of warm water
- Use the milk immediately and discard the leftovers
- Do not boil or heat breast milk in a microwave
- Do not re-freeze or re-warm the breast milk



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The World Health Organisation recommends continued breastfeeding for up to two years or longer.

