Safe Handling of Human Milk

Preparing a Bottle
- Wash hands well with soap and warm water.
- Use a clean bottle or cup.
- Use the oldest dated milk first.
- Offer milk cold, warm, or at room temperature.
- To thaw and/or warm milk, place the sealed bag or bottle in a bowl of warm water.
- Do not use a microwave to heat milk
  - it can create hot spots which can cause burns.
  - it may destroy some of the nutrients in the milk.
- Test the temperature on the inside of your wrist.
- The fat in the milk can separate and cling to the sides of the bottle. Gently swirl the bottle to mix the fat into the milk.
- For milk that must be discarded according to licensing regulations, ask families if they prefer to have their milk returned to them.

<table>
<thead>
<tr>
<th>STORAGE LOCATION, TEMPERATURE &amp; TIME TO USE</th>
<th>Countertop 77° F or colder (room temperature)</th>
<th>Refrigerator 40° F</th>
<th>Freezer 0° F or colder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshly expressed</td>
<td>Up to 4 hours</td>
<td>Up to 4 days</td>
<td>Within 6 months is best. Up to 12 months is acceptable.</td>
</tr>
<tr>
<td>Thawed, previously frozen</td>
<td>1-2 Hours</td>
<td>Up to 1 day (24 hours)</td>
<td>Never refreeze human milk after it has been thawed.</td>
</tr>
<tr>
<td>Leftover from a feeding</td>
<td>Use within 2 hours after the baby has finished.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

These guidelines are for healthy full-term babies and may vary for premature or sick babies.