

# Thawing & feeding breastmilk



Simple tips  
to help make  
sure your thawed  
breastmilk will be  
safe for your baby.



## Thawing breastmilk

- **Night before.** Frozen milk is best thawed in the refrigerator the night before it will be used.
- **Warm water.** Frozen and refrigerated milk can be thawed under running warm (not hot) water or placed in a container of warm water for 20 to 30 minutes before a feeding.
- **Mix it up.** Gently rock the thawed milk to help mix the fat layer back into the rest of the milk.
- **Temperature test.** Shake a few drops of breastmilk onto your wrist; liquid is a safe temperature if it feels barely warm on the skin.
- **Never combine.** Never add fresh breastmilk for storage to refrigerated or frozen breastmilk.
- **24 hours.** Defrosted breastmilk is good for up to 24 hours if kept in the refrigerator under appropriate conditions.

## Feeding breastmilk

- First in, first out. Feed the oldest stored milk first.
- One to two hours. Once milk is offered and exposed to baby's saliva, any unconsumed milk should be discarded within one to two hours after a feeding begins.

## NEVER THAW OR HEAT BREASTMILK IN A MICROWAVE.

*In addition to creating hot spots in the liquid that may burn your baby, the microwave may destroy some of the breastmilk's nutrients.*



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