

# Follett® – Storage Solutions for Mother’s Milk

## Are you following safe storage techniques for human milk?

### What you need to know

The Centers for Disease Control and Prevention’s Recommendations for Storage and Handling of a Mother’s Milk provides detailed guidelines which include:

#### Storage Duration of Fresh Human Milk for Use with Healthy Full Term Infants

Location	Temperature	Duration	Comments
<b>Countertop, table</b>	Room temperature (up to 77°F or 25°C)	6-8 hours	Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.
<b>Insulated cooler bag</b>	5 to 39°F or -15 to -4°C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
<b>Refrigerator</b>	39°F or 4°C	5 days	Store milk in the back of the main body of the refrigerator.
<b>Freezer</b>			
<b>Freezer compartment of a refrigerator</b>	5°F or -15°C	2 weeks	Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality.
<b>Freezer compartment of refrigerator with separate doors</b>	0°F or -18°C	3-6 months	
<b>Chest or upright deep freezer</b>	-4°F or -20°C	6-12 months	
Reference: Academy of Breastfeeding Medicine. (2004) <a href="#">Clinical Protocol Number #8: Human Milk Storage Information for Home Use for Healthy Full Term Infants</a> . Princeton Junction, New Jersey: Academy of Breastfeeding Medicine. Available			

[http://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

Residential-style refrigerator/freezer combinations may experience large temperature swings in the refrigeration section and high freezer section temperatures during defrost cycles.

Even in dedicated refrigerators, refrigeration systems are often too small to provide consistent temperature and quick recovery, especially with frequent door openings and addition of warm milk.

### Follett high performance, medical-grade refrigerators and freezers deliver the temperature consistency needed for mother’s milk storage

- Large, powerful refrigeration systems provide the temperature consistency, quick pull-downs and virtually instantaneous recovery following door openings
- Digital, external temperature displays confirm cabinet temperature at all times
- Easy-to-clean stainless inside and out
- Integral high and low alarming to ensure in-range temperatures



Quiet, high performance countertop refrigerators for in-room use



High performance undercounter refrigerators and freezers - stackable for more flexibility



High performance upright refrigerators and freezers with shelves or roll out drawers for your larger storage needs

