

















BREASTMILK STORAGE

The Nebraska Child Care Licensing Regulations for child care facilities have established stricter breastmilk storage guidelines than the recommended guidelines for families to use in their own home. The goal of this document is to help families and child care providers follow the appropriate breastmilk storage guidelines.

STORAGE LOCATIONS AND TEMPERATURES

TYPES OF BREASTMILK	COUNTERTOP (77°F)	REFRIGERATOR (40°F)	FREEZER (0°F)
FRESHLY EXPRESSED	 Refrigerate Promptly	 Up to 2 days	 3 months
	 Up to 4 hours	 Up to 4 days (optimal) 5-8 days (acceptable)	 6 months (optimal) 12 months (acceptable)
THAWED, PREVIOUSLY FROZEN	 Refrigerate Promptly	 Up to 2 days	  NEVER refreeze thawed milk
	 1-2 hours	 Up to 1 day	
LEFTOVER FROM FEEDING (baby did not finish the bottle)	 Use within 1 hour after the baby has finished feeding		
	 Use within 2 hours after the baby has finished feeding		

Note: Breastmilk that is past the Nebraska Child Care Licensing Regulations should be returned promptly to the family.

KEY:



How to Label Breastmilk for Child Care

It is very important to label all breastmilk that is given to the child care facility. See below for an example of the required information for each label.

MOMMY'S MILK

BABY'S NAME	Tommy Jones
DATE TO PROVIDER	Sept. 2, 2020
AMOUNT	3 oz
DATE EXPRESSED	Sept. 1, 2020
DATE FROZEN	Not applicable

Note: Milk that is not labeled should be discarded.

STORE



- Store breastmilk in small amounts of 1 to 4 ounces to avoid wasting.
- Keep a small frozen supply of milk at child care for your baby. If the frozen milk passes the 3 month date, the child care facility should return the breastmilk to the family.

THAW



- Always thaw the oldest frozen milk first.
- Thaw frozen milk under lukewarm running water, in a container of lukewarm water, or overnight in the refrigerator; never thaw milk in a microwave.
- Use milk within 24 hours of thawing in the refrigerator (from the time it is completely thawed, not from the time when you took it out of the freezer).

FEED



- Milk can be served cold, room temperature, or warm.
- To heat milk, place the sealed container into a bowl of warm water or hold under warm running water. Do not heat milk directly on the stove or in the microwave.
- Test the temperature before feeding it to the baby by putting a few drops on your wrist. It should feel warm, not hot.

CLEAN



- To prevent the spread of germs, wash your hands before feeding the baby.
- Encourage mothers to express milk in a clean space (not a bathroom), wash hands before pumping, and chill or refrigerate the milk promptly.

Resources:

Nebraska Child Care Licensing Rules and Regulations (2013):

- dhhs.ne.gov/licensure/pages/child-care-licensing.aspx
- dhhs.ne.gov/licensure/Documents/QandAonNewCenterRegs.pdf
- dhhs.ne.gov/licensure/Documents/QandAonNewFCCHlandIIRegs.pdf

CDC Proper Storage and Preparation of Breastmilk

www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm



NEBRASKA Nutrition And Physical Activity
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