

AUGUST IS: NATIONAL BREAST FEEDING MONTH

Best Practices to Storing Breast Milk

Before Pumping or Expressing

- Wash your hands thoroughly.
- Use clean, sanitized containers.
- Label each container with the date milk was expressed. Include your baby's name if it's for childcare. Talk with your childcare provider about specific storage and labeling preferences.

Storage Guidelines

At Room Temperature: 66-78°F / 19-26°C

- Fresh milk: Up to 4 hours (6-8 hours if expressed in very clean conditions, but refrigerating is best).

In the Refrigerator: ≤ 39°F / 4°C

- Store immediately in the back of the fridge to avoid temperature fluctuations.
- Use within 4 days.

Freezer Storage:

- Freeze milk if not used within 48-72 hours.
- Leave space in the container (milk expands as it freezes).
- Store in the back of the freezer, not the door.

◦ **Freezer Timeframes:**

- Standard freezer (0°F / -18°C): Up to 9 months
- Deep freezer (-4°F / -20°C): Up to 12 months

Warming and Thawing Milk

To Warm Refrigerated Milk:

- Use a bowl of warm water or hold bottle under warm running water.
- ✗ DO NOT microwave - it can create hot spots and destroy nutrients.

To Thaw Frozen Milk:

- Thaw overnight in the fridge
- Or use warm water methods above

✗ NEVER microwave frozen milk

After Thawing:

- Use within 24 hours (can be used up to 48-72 hours if kept cold).
- Do not re-freeze once thawed.



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Stay Healthy Before & During Breastfeeding

Supporting your body with the right nutrients during pregnancy and breastfeeding is one of the best things you can do for both yourself and your baby.

One key nutrient to focus on is **Vitamin B6**, which plays a crucial role in the development of your baby's brain and nervous system.

To help you get a healthy (and delicious) dose of Vitamin B6, here are two easy-to-make smoothies that are perfect for busy mornings or midday pick-me-ups!

Tropical Dream Smoothie

Ingredients:

- 1 banana (fresh or frozen) -
- ½ ripe avocado -
- 1 cup spinach (fresh, frozen, or canned) -
- ½ cup pineapple chunks (fresh, frozen, or canned) -
- ½ cup mango chunks (fresh, frozen, or canned) -
- 1 tsp local honey (optional) -
- 4 ice cubes -
- 1 cup coconut water or pineapple juice -

Wonder Woman Smoothie

Ingredients:

- 1 banana -
- 2 Tbsp sunflower seed butter -
- 1 tsp local honey -
- 1 cup blueberries (fresh or frozen) -
- 1 cup spinach (fresh, frozen, or canned) -
- 4-5 ice cubes -
- 1 cup any dairy or non dairy milk -

