Lacevo

how to store breast milk

EVERY DROP IS HARD-WON. HERE'S EXACTLY HOW LONG IT LASTS, WHERE TO KEEP IT AND HOW TO USE IT SAFELY, SO NOTHING YOU'VE WORKED FOR GOES DOWN THE SINK.

BASED ON AUSTRALIAN BREASTFEEDING ASSOCIATION GUIDELINES

01 how long it lasts

TIMES ARE FOR HEALTHY, FULL-TERM BABIES. STORE MILK AT THE BACK OF THE FRIDGE, WHERE IT'S COLDEST.

BREAST MILK	ROOM TEMPERATURE 26°C or lower	FRIDGE 5°C or lower	FREEZER See freezer guide below
freshly expressed	6 to 8 hours	72 hours BACK OF THE FRIDGE, NEVER THE DOOR	up to 12 months DEPENDS ON YOUR FREEZER
thawed in the fridge, not warmed	4 hours OR UNTIL THE NEXT FEED, WHICHEVER COMES FIRST	24 hours	do not refreeze
thawed outside the fridge, or warmed	this feed only FINISH THE FEED, THEN DISCARD	4 hours OR UNTIL THE NEXT FEED, WHICHEVER COMES FIRST	do not refreeze
baby has started feeding	this feed only FINISH THE FEED, THEN DISCARD	discard	discard

02 know your freezer

THE COLDER AND MORE STABLE YOUR FREEZER, THE LONGER YOUR STASH LASTS.

-15°C

2 weeks

FREEZER COMPARTMENT INSIDE THE FRIDGE

-18°C

3 months

FRIDGE FREEZER WITH A SEPARATE DOOR

-20°C

6-12 months

DEEP FREEZE. CHEST OR UPRIGHT, MANUAL DEFROST, OPENED INFREQUENTLY

03 store, thaw, warm

store

01 CLEAN HANDS
WASH YOUR HANDS BEFORE EXPRESSING OR HANDLING MILK.

02 LABEL EVERY BAG
NAME, DATE AND VOLUME. USE THE OLDEST MILK FIRST.

03 BACK, NOT THE DOOR
THE DOOR IS THE WARMEST PART OF THE FRIDGE.

04 FREEZE FLAT
LAY BAGS FLAT TO FREEZE, THEN STACK. THIN LAYERS SAVE SPACE AND THAW FASTER.

05 TOPPING UP
ADD FRESH MILK TO CHILLED OR FROZEN MILK ONLY ONCE IT'S BEEN COOLED IN THE FRIDGE FIRST.

thaw

01 IN THE FRIDGE
THE SAFEST WAY TO THAW. PLAN AHEAD FOR TOMORROW'S FEEDS.

02 IN WARM WATER
NEED IT SOONER? STAND THE SEALED BAG IN WARM WATER.

03 ON THE MOVE
FROZEN MILK THAT THAWS WHILE YOU'RE TRAVELLING SHOULD BE USED WITHIN 24 HOURS.

warm

01 OPTIONAL
COLD MILK IS SAFE TO FEED. WARM IT ONLY IF YOUR BABY PREFERS IT.

02 HOT, NOT BOILING
STAND THE SEALED BAG IN HOT WATER UNTIL IT REACHES FEEDING TEMPERATURE.

03 ONCE ONLY
WARM MILK ONCE. DISCARD WHATEVER YOUR BABY DOESN'T FINISH.

04 WRIST CHECK
TEST A FEW DROPS ON YOUR WRIST. WARM, NOT HOT.

THE NON-NEGOTIABLES

never microwave
MICROWAVES HEAT UNEVENLY AND CREATE HOT SPOTS.

never thaw on the bench
THAW IN THE FRIDGE OR IN WARM WATER, NEVER AT ROOM TEMPERATURE.

never refreeze
ONCE MILK HAS THAWED, IT STAYS THAWED.

never rewarm
WARMED MILK IS GOOD FOR ONE FEED ONLY.

04 read your LACEVO bag

EVERY LACEVO BAG HAS A COLOUR-CHANGING THERMAL SENSOR, SO YOU KNOW WHERE YOUR MILK IS AT.



PURPLE = COLD
STRAIGHT FROM THE FRIDGE OR FREEZER. SAFE TO FEED COLD, OR KEEP WARMING IF YOUR BABY PREFERS IT WARM.

BLUE = OPTIMUM
OPTIMUM FEEDING TEMPERATURE. CHECK ON YOUR WRIST, THEN FEED.

WHITE = HOT
TOO HOT. LET IT COOL BEFORE FEEDING.

150mL
FREEZING? STOP AT THE 150ML LINE. MILK EXPANDS AS IT FREEZES, SO FILL NO MORE THAN THREE-QUARTERS FULL. FOR THE FRIDGE, FILL UP TO 200ML.

AS A SAFETY PRECAUTION, ALWAYS TEST THE MILK TEMPERATURE ON YOUR SKIN BEFORE GIVING IT TO YOUR BABY.

05
if the power goes out

KEEP IT SHUT
DON'T OPEN THE FREEZER. A FULL FREEZER MAY KEEP MILK FROZEN FOR UP TO 48 HOURS.

ICE CRYSTALS
IF ICE CRYSTALS ARE STILL PRESENT, THE MILK CAN BE REFROZEN.

FULLY THAWED
IF THE MILK HAS FULLY THAWED, DISCARD IT.

store it like it matters

SOURCE
ADAPTED FROM THE AUSTRALIAN BREASTFEEDING ASSOCIATION (FEBRUARY 2026), BASED ON THE NHMRC INFANT FEEDING GUIDELINES (2012). FULL GUIDELINES AT BREASTFEEDING.ASN.AU

PLEASE NOTE
IF YOUR BABY IS PREMATURE OR UNWELL, TALK TO YOUR DOCTOR, MIDWIFE OR LACTATION CONSULTANT, AS STORAGE ADVICE MAY DIFFER.

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