HAND HYGIENE

- Practice proper hand hygiene before handling milk or feeding equipment.
- Actively lather hands with soap and water for 15 seconds, with special attention to the area around and under the finger nails.
- Dry hands with a single-use towel.

STORING FROZEN MILK

- Store the milk in a freezer that always keeps ice cream hard.
- Do not store in the door of a refrigerator or freezer because the temperature changes when the door is opened and shut.

THAWING FROZEN MILK

- Thawing of milk must be gradual. Human milk must NOT be warmed to a temperature warmer than body temperature. NEVER THAW FROZEN HUMAN MILK IN A MICROWAVE OVEN OR HOT WATER.
- The preferred way to thaw frozen milk is to place in the fridge over a 48-hour period.
- Milk may also be thawed as follows:
  - Frozen milk can be thawed quickly in a container of warm water (not to exceed 98 degrees Fahrenheit). Take care that the water does not touch the lid.
  - Milk can thaw slowly at room temperature - check often to make sure it is still chilled.
- Once the milk is liquid, it may be maintained at room temperature for four hours or 48 hours in the refrigerator (32-39 degrees Fahrenheit).
WARMING FOR FEEDING

- Warm an individual feeding by standing the container of milk briefly in warm water or holding under warm water. Care must be taken to keep the cap dry.
- NEVER microwave human milk either to thaw or warm it.
- Before feeding- SWIRL BUT DO NOT SHAKE the container to ensure an equal distribution of the nutrients.

HANDLING PASTURIZED MILK

- Milk must be refrigerated after thawing.
- Thawed milk should NOT be left at room temperature.
- Once milk is thawed, it cannot be refrozen.

NEED MORE HELP?

- If you need more than the initial order of donor milk or have a question, please call our team at 317-536-1670.