

Yes. Expressed breast milk can stay in the fridge for a maximum of 24hrs and in a good quality freezer for a maximum of 3 months. Frozen breast milk can be defrosted in the fridge or at room temperature. It should be warmed up to body temperature in a jug of hot water and shaken well before feeding it to the baby. Defrosted milk should be used as soon as possible. Any defrosted and warmed milk that remains after a feed should be discarded.