

## Infants & Food Safety

Handwashing and food safety are very important for babies. Food safety for babies depends on their parents and caregivers.

### Breast Milk

#### Expressing:



- Express breast milk manually or use an electric breast pump.
- Before pumping, wash your hands using warm running water, scrub with soap for at least 15 seconds and then rinse with water.
- If using an electric pump, check the pump kit and tubing to make sure it is clean before you use it.
- Use, refrigerate, or freeze breast milk within 4 hours of expressing.

#### Freezing:

- Place in storage bags designed for breast milk or use moisture-resistant, food-safe containers with secure lids.
- Mark the containers with the date the breast milk was expressed.
- For best quality, use the milk within 6 months, but never use it after 12 months.



#### Thawing:



- Use oldest breast milk first.
- Thaw it in the refrigerator or under warm water.
- Thawed breast milk should be used within 24 hours.
- For best quality, use the milk within 6 months, but never use it after stored for 12 months.
- Do not mix old milk with new or fresh milk.
- Discard of leftover milk after feeding.
- Do not use the microwave to warm, it can be served without warming. If warming is desired, you can place the bottle under warm running water or in a bowl of warm water.

