

BREASTMILK STORAGE IN THE CHILD AND ADULT CARE FOOD PROGRAM (CACFP)

RECEIVING BREASTMILK AT YOUR CHILD CARE HOME OR CENTER

- Ask parents to label the bottles or bags of breastmilk with the infant's full name the date the milk was expressed.
- Remind parents to transport the breastmilk in a cooler with ice packs.
- Request that parents send bottles or bags of breastmilk with at least the minimum amount required for meals and snacks.

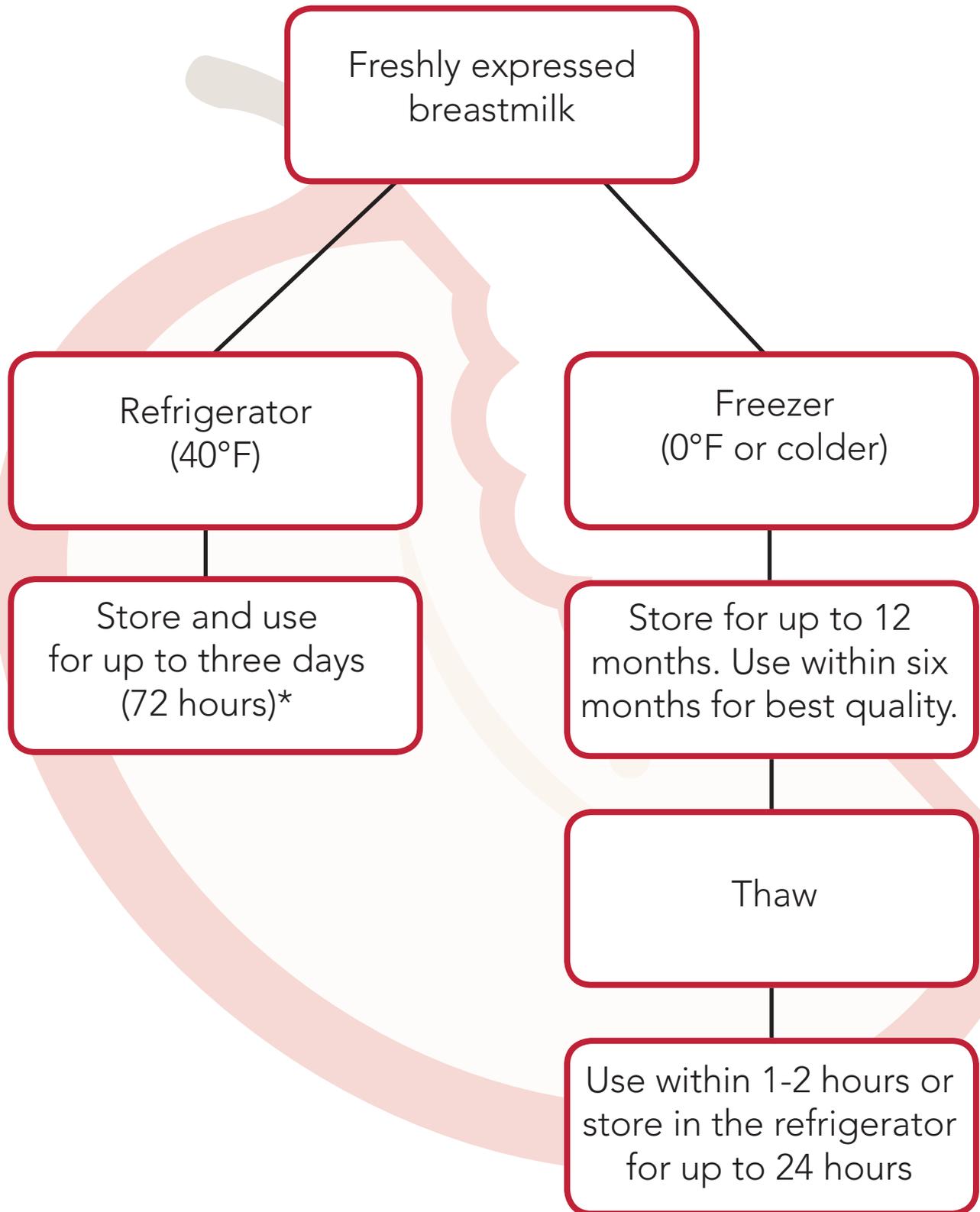
	Birth to five months	Six to 11 months
Breakfast, Lunch, and Dinner	4-6 fluid ounces	6-8 fluid ounces
Snack	4-6 fluid ounces	2-4 fluid ounces

STORING BREASTMILK

- Always make sure breastmilk is refrigerated until feeding time.
 - Practice the first in first out inventory method and serve the breastmilk with the oldest date first. An easy way to organize the breastmilk for each infant is to obtain a clear plastic storage bin, label it with the infant's name and store the oldest breastmilk toward the front of the bin and the newest in the back. This will make it easy to reach for the oldest breastmilk first when opening the refrigerator.
- Store breastmilk in the coldest part of the refrigerator toward the back.
 - Avoid storing breastmilk in the refrigerator door where the temperature changes often from opening and closing it.
- Refer to the breastmilk storage flowchart on the back of this handout for storage times.



BREASTMILK STORAGE FLOWCHART



**Note: This storage time is specific to the rules and regulations of the Child and Adult Food Care Program established in policy memorandum CACFP 02-2018.*

THAWING BREASTMILK

Only thaw enough breastmilk needed for one feeding at a time. Breastmilk should never be thawed in the microwave because it can damage the quality of the milk. Thawing in a microwave can also heat the milk too much and risk burning an infant's mouth. Safely thaw breastmilk by using one of the following methods:

- Place in a container of lukewarm water on the counter.
- Run lukewarm water over the bag or container with frozen breastmilk.
- Place the frozen breastmilk in the refrigerator to thaw overnight.
 - If the breastmilk is stored in a plastic breastmilk storage bag place it in a container to prevent leaking.

Breastmilk that has been previously frozen should not be refrozen.

PREPARING A BOTTLE FOR AN INFANT

1. Wash your hands thoroughly.
2. Prepare at least the minimum amount of breastmilk for the age of the infant. See the chart above for reference.
3. Swirl instead of shaking the bottle to mix the contents.
4. Give the bottle cold or warm: To warm the bottle, place it in a bowl of warm water or under a stream of warm water right before serving. Do not microwave.
5. If the milk was warmed, test the milk temperature before serving to make sure it is not too hot.
6. Feed the infant by holding them in an upright position with the bottle sideways, not straight up.

Note: *Infant cereal should not be mixed with breastmilk in a bottle. This can increase choking hazard and is not allowable in the CACFP.*

Leftover milk from a feeding should be discarded after two hours.

Did you know that breastmilk is a creditable milk for all children no matter their age? Breastmilk can be substituted for the same amount of cow's milk for any meal or snack. If there is not enough breastmilk to meet the minimum requirement at a meal or snack, the appropriate cow's milk must be served to make up the difference and fulfill the minimum requirement.

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