## 2. Storing and Thawing of Breast Milk

## MODULE 4

Here are a few tips when choosing containers used to store the breast milk.

CONTAINERS USED TO STORE BREAST MILK	
×	<ul><li>Use glass or plastic containers with tight fitting covers.</li><li>Indicate the date of expression on the container.</li></ul>
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×	<ul> <li>Bags designed especially for breast milk may also be used.</li> </ul>
	<ul> <li>Indicate the date of expression on the bag.</li> </ul>
	• Do not use bags made for bottles. These bags are made of thin
	plastic and are easily damaged if manipulated.
×	• For healthy babies, wash the containers with hot soapy water,
	rinse well with hot water, and air dry.

Here are a few tips when storing breast milk.



Breast milk can be stored in the following places.



Tips to thaw breast milk efficiently and safely.



