



**This is how we store and transport breast milk and formula safely.**

**We put our loving care into your child's mealtimes every day. Please help us make sure your child can safely enjoy their food by keeping the following points in mind.**

#### **Breastmilk storage**

- Store breastmilk in clean bottles, plastic containers or breastmilk bags.
- Always mark the breastmilk with your child's name and the date you expressed the milk.
- If the milk is thawed, add the defrost date and time. Thawed breastmilk must be used within 24 hours. We have to dispose of it after this time.
- Keep the milk in the back of the fridge at 4°C.

#### **Frozen breastmilk**

- Breastmilk can be frozen immediately after expressing.
- The milk can be kept at -18°C (3\*\*\* or 4\*\*\*\* freezer) for 6 months.
- If the freezer temperature is warmer than -18°C, the milk will keep for a maximum of 2 weeks.

#### **Bringing in breastmilk**

- Use a cool box or cooler bag with ice pack to transport your breastmilk.
- Non-frozen breastmilk will be used on the same day. Leftovers will be disposed of.
- We will store frozen breastmilk in the freezer for 2 weeks - up to a maximum of 3 months - depending on date and temperature.

#### **Bringing in formula**

- Please bring formula in powder form, measured out for each feed. Unfortunately, we cannot accept premade formula from home.
- Please mark the formula with your child's name.