Department: Health and Safety	Effective Date: 9/1/25	Procedure Number: 1730
Regulation Number: CFOC, Basics 4.3.1.3	Regulation Topic: Human Milk	Procedure Title: Handling and Storage of Human Milk

Procedure:

Handling and storage of human milk on arrival at site:

- Mother must provide the human milk to staff with baby's full first and full last name, time and date the human milk was expressed. Never accept an unlabeled bottle from a mom/parent.
- Refrigerate or freeze human milk immediately. Refrigerated human milk is to be used within 48 hours from the time it was expressed. With a red pen, mark the human milk with the 48-hour expiration date/time that the milk will expire.
- Wash hands prior to preparing a container of human milk for use.
- Check the label to ensure the right bottle is prepared for the right infant.

Frozen human milk:

- Frozen human milk can be stored for up to 3 months; rotate frozen human milk, using the oldest milk first.
- Once the human milk is removed from the freezer and thawed, use immediately, throwing away any that is not used. Do not refreeze human milk
- Do not thaw frozen human milk at room temperature or in a microwave. Thaw in the refrigerator or hold it under running lukewarm water. To warm a bottle out of the refrigerator, hold under running lukewarm water. Milk should be used immediately after warming
- Gently shake the warmed bottle before feeding the baby as the human milk can separate when stored
- After feeding the baby, throw out any unused human milk left and wash the bottle per program policies

Refer to Procedure 1730 resource document from CACFP to post and share with families.