



**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.