



TEN STEP TUESDAY

# Fun Facts about Milk Storage & Handling, Week 1

## It's Ten Step Tuesday!



This week will start a series on milk storage and handling recommendations pulled from the fabulous 2019 edition of [Best Practices for Expression, Storing and Handling Human Milk](#) from the Human Milk Banking Association of North America (HMBANA).

Expressed milk for healthy, term babies at home can be stored in any hard-sided plastic bottles, milk storage bags or any other container that is suitable for food storage. What if a NICU mom brings her milk in another container? Can we still use it?

### **HMBANA Recommendation**

If a mother brings her milk in a less-than-ideal container, it can still be used unless it is obviously contaminated.

### **Fun Fact**

Milk retains more of its nutritional and immunologic properties in glass or hard plastic containers than it does in polyethylene bags (including disposable bottle liners). Milk can lose up to 60% of the SIgA when stored in polyethylene for 48 hours.

For more information contact

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