



TEN STEP TUESDAY

Fun Facts about Milk Storage & Handling, Week 3

It's Ten Step Tuesday!

This week continues our 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).



“Help! The power went out and my milk is beginning to thaw! Is it still good? Can it be refrozen?”

Partially defrosted milk poses a challenge. Factors to consider include:

- How full is the freezer? And how full are the bottles?
- How long has the freezer been out?
- How is the gestation and health of the baby?

HMBANA Recommendations

If the power has been off for greater than 24 hours (or if the time of freezer failure is unknown), the containers of milk should be removed and each bottle examined individually. If the containers have ice crystals, the milk is only partially thawed and can be refrozen. In the absence of ice crystals, the milk has completely thawed and should be not refrozen.

For more information contact

Cara Gerhardt, BSN RN IBCLC, coordinator@high5kansas.org