

How long does it keep?

Formula and breast milk storage limits, at a glance.

STORAGE LIMITS

	Room temperature	In the fridge
Formula made from powder, not yet fed	2 hours	24 hours
Any bottle the baby has drunk from	1 hour, then bin it	Do not refrigerate it
Ready-to-feed poured into a bottle	2 hours	24 hours
Ready-to-feed, opened container	Refrigerate it	48 hours
Liquid concentrate, opened	Refrigerate it	48 hours
Freshly expressed breast milk	4 hours	4 days
Breast milk left after a feed	2 hours	Keep for the next feed
Breast milk mixed with formula	2 hours	24 hours
Opened tin of powder	4 weeks	Do not refrigerate powder

- The one people get wrong: a bottle the baby has drunk from does not go in the fridge. Saliva adds bacteria that cold slows but does not kill, and they restart from a higher count when it rewarms. One hour, finished or not.
- Breast milk is more generous than formula everywhere except after a feed. Mix the two in one bottle and the formula limits apply, because you cannot give the longer limit to a liquid that contains the shorter one.