

Breastfeeding Storage Guideline

Location	Temperature	Duration	Comments
Countertop, table	Room temperature (up to 77°F or 25°C)	6–8 hours	Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.
Insulated cooler bag	5-39°F or -15-4°C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
Refrigerator	39°F or 4°C	5 days	Store milk in the back of the main body of the refrigerator.
Freezer			
Freezer compartment of a refrigerator	5°F or -15°C	2 weeks	Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the undergo degradation resulting in lower quality.
Freezer compartment of refrigerator with separate doors	0°F or -18°C	3–6 months	
Chest or upright deep freezer	-4°F or -20°C	6–12 months	

Reference: Academy of Breastfeeding Medicine. (2004) [Clinical Protocol Number #8: Human Milk Storage Information for Home Use for Healthy Full Term Infants \[PDF-125k\]](#). Princeton Junction, New Jersey: Academy of Breastfeeding Medicine. Available



Tazewell County
Health
Department

WIC

Breastfeeding
Resources



Tazewell County Health Department
21306 Illinois Route 9
Tremont, Illinois 61568-9252

Your local WIC : 309-929-0230
WIC is an equal opportunity provider and employer
Updated 8/2018



**Breastfeeding Peer
Counselor**

Danette Eubank
cell (309) 267-7713

(309) 929-

0225



TCHD Peer Counselor is a mom who has breastfed her children and is available to help Tazewell County WIC moms in making their breastfeeding experience a success. TCHD Peer Counselor is available for clinic visits, as well as phone support. She may also be contacted via text messaging. One aspect that makes the peer counselor unique is that she is not only available during the day, but also evening and weekend hours: to answer questions, make referrals and help with any needs the breastfeeding mom may have.

Hospital Lactation Support:

UnityPoint Health Methodist Outpatient

Lactation Office: (309)672-4242/
(309)636-3973

Nursery: (309)672-4850

Trisha Wierenga, RN, IBCLC

Rhonda Wudtke, RN, IBCLC

Beth Seidel, IBCLC

**Methodist Unity Point also hosts LaLeche League meetings: call (309) 370-4025 for more information.

UnityPoint Health Pekin-(The Baby Place):

(309) 353-0480

Christy Burks IBCLC

**Unity Point Pekin also hosts a breastfeeding support group, call for more information.

Tazewell County Health Department WIC:

(309) 925-5511 / (309) 477-2223

Danette Eubank, PC

Keri Roberts, RN, BSN, IBCLC

OSF St. Francis Medical Center:

Nurses Station: (309) 655-2353

Lisa Smith, RN, IBCLC

Karla Litwiller, RN, IBCLC

Lynne Reiner, RN, IBCLC

Outpatient Lactation Support:

OSF Breastfeeding Resource Center:

(309)683-6672

Polly Kocher, BS, IBCLC

Cathy Gillete, LPN, IBCLC

Offers Breastpumps and nursing aids.

Open Monday through Friday, 9:00 am-5 pm. A breastfeeding support group is also available.

Breastfeeding Classes:

Tazewell County Health Department
(309) 925-5511

UnityPoint Health Pekin

(309) 353-0480

UnityPoint Health Methodist

(309) 671-2522

OSF Saint Francis Center

(309) 683-6672

Breast Pump Rentals:

Tazewell County Health Department
(309) 925-5511

OSF Breastfeeding Resource Center:

(309) 683-6672

Pro Care: (309) 347-4663

*If you have a State Of Illinois Insurance Card, it may cover an occasional use breast pump. Please contact the WIC Breastfeeding Peer Counselor for more information.

Breastfeeding and other useful websites:

LaLeche League International

<http://www.llli.org/>

Kellymom

<http://kellymom.com/index.html>

IBC International breastfeeding Centre

(Dr. Jack Newman)

<http://ibconline.ca/>

Low Milk Supply

<http://lowmilksupply.org/>