



**Clermont County
Public Health**
Prevent. Promote. Protect.

WIC Breastfeeding Newsletter

OCTOBER 2026- JANUARY 2027

Packing a Pump Kit

Many working moms have the added job of pumping while at work. The Fair Labor Standards Act (FLSA) requires employers to give enough break time in a private, functional space (not a bathroom) for employees to pump. So what should you pack? Here are some ideas:

- The pump- use a double electric pump, a wearable hands free pump, or a hand pump
- Storage- bring an insulated cooler bag with ice packs or use a workplace refrigerator for your labeled milk bottles
- Cleaning supplies- pack mild dish soap, a bottle brush, drying towel, and sanitizing wipes for quick clean up between sessions
- Extras- pack extra pump parts, breast pads, nipple cream, and a wet/dry bag for used gear
- Reminders- bring one of your baby's blankets or onesies and a picture of your baby to help promote oxytocin release and milk flow

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Breastmilk Storage

Freshly expressed breastmilk can be stored:

- at room temperature for up to 4 hours
- in an insulated cooler with ice packs for 24 hours
- in a refrigerator for up to 4 days
- in an upright freezer for up to 6 months
- in a deep freezer for up to 12 months



Want to Learn More About Breastfeeding?

Scan to watch our recorded Breastfeeding Classes:



Test your knowledge:

How long can freshly expressed breastmilk be stored in a refrigerator?

What does FLSA stand for?