

Feeding Infants in the CACFP

Lesson 4: Storing and Handling Breastmilk in a Child Care Site

Pre-Test

1. True or False: Bottles of breastmilk can be served cold from the refrigerator and do not have to be warmed.
 - A. True
 - B. False

2. Fresh breastmilk can be refrigerated at 40 °F (or below) for up to _____ hours.
 - A. 24
 - B. 36
 - C. 48
 - D. 72

3. You can safely thaw a container of breastmilk using all of these methods, except which one?
 - A. Under warm running water
 - B. In a container of warm water
 - C. In a microwave
 - D. In a refrigerator overnight



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Post-Test

1. True or False: Bottles of breastmilk can be served cold from the refrigerator and do not have to be warmed.
 - A. True
 - B. False

2. Fresh breastmilk can be refrigerated at 40 °F (or below) for up to _____ hours.
 - A. 24
 - B. 36
 - C. 48
 - D. 72

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