

SIMPLE • EASY • COMPACT



Demigoddess Breastmilk Chiller

CERESCHILL.COM





Photo by Madison Nash

We made Ceres Chill® to support you in all you do

We don't have to tell you! Being away from a new baby is hard. Finding time to pump and then carrying around all that extra stuff to keep breastmilk safe is overwhelming.

Plus, who wants to store something as personal and important as breastmilk in the company fridge, the trunk of your car, or your desktop at work? And what about airport security protocols and delays? Yikes!

The Demigoddess Chiller allows you to safely chill and store up to 12 ounces of milk at a time for a more convenient, streamlined process, so you can ditch the bags and bottles!

*Free the moms!
Save the milk!*

Using your Ceres Chill®

- Wash all parts thoroughly before use.
- Unscrew the upper Cup, Cap and Connector from the outer Chiller. The Inner Chamber will come out with the Connector.
- To use the 6 ounce method, fill your outer chamber with enough ice to be in contact with the bottom of the inner chamber and a splash of cold water so that the Inner Chamber touches the ice and water when reassembled. Shake the ice and water around a bit to screw the Connector and Inner Chamber back on to the Chiller. To use the 12 ounce method, fill your inner chamber to the top with ice. It's that easy!
- When traveling by plane, comfortably tighten all parts to prevent leaking (but don't over-tighten). Periodically open the Chiller when changing elevation and during long flights, as it will be subject to pressure and temperature changes.

To quickly pump on one side

- Unscrew the Cup and Cap, flip the Cup over and screw the connector onto it.
- Connect your pump flange to the Connector neck to be able to pump up to 7 ounces when fully assembled.

- If you aren't using a Medela or similar pump, you'll need an inexpensive adapter (available through Amazon or CeresChill.com). Lansinoh and Spectra are examples of pumps that work using an adapter.
- Replace the Cap when you're done pumping.
- Hand-wash the Outer Chamber to avoid risk of discoloration, and throw the Inner Chamber in the dishwasher anytime. The Cup, Connector, and Cap can go on the top rack of the dishwasher too, but intense heating/drying cycles could cause these parts to discolor so skipping the drying cycle or handwashing is recommended for these parts. Feel free to use a sterilizer on the plastic parts. Don't microwave.

To double pump or pump with lighter containers

- Disconnect the Connector from the outer Chiller.
- Disconnect the Inner Chamber from the Connector.
- Turn the Connector over and screw it onto the Cup so the neck that connects to the pump is facing up.
- Connect your pump to the Inner Chamber to pump up to 6 ounces — and — connect your pump to the Cup and Connector to pump up to 7 ounces.

The parts

Cup

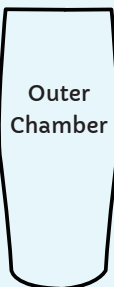
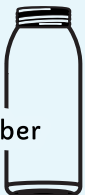


Cap



Connector

Inner Chamber



Outer Chamber

How it all works together

Single or double pumping



Feeding the baby



Capped Inner Chamber

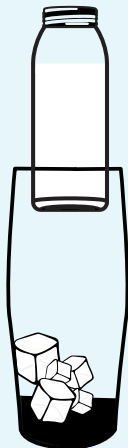
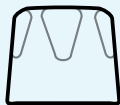


On the go

6 oz

**MOST
CONVENIENT**

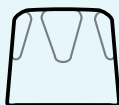
**No-prep
chilling**



12 oz

**EXTRA
CAPACITY**

**No-prep
chilling**



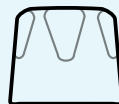
fill line —



16 oz

**MAXIMUM
STORAGE**

**Already-hot
or cold fluid
placed in the
Chiller keeps
its temp**



Double your storage with the 12-ounce method!

With a few extra steps you can double the storage and chill up to 12 ounces by using the Inner Chamber as your coolant container.

This method requires a very clean pumping environment — but it's a lifesaver for women with long days (we see you doctors, nurses, first responders, shift workers, and soldiers) or long flights and unexpected delays! If you need this option, here's what you do:

- Rather than putting your ice in the Outer Chamber, put ice in the Inner Chamber.
- You can pump directly into the Outer Chamber using the Connector without the Inner Chamber connected; set it aside on a clean surface such as the upturned Cup.
- Make sure your hands are clean and you have a clean place (like your handy-dandy upturned Cup) to set your Inner Chamber down while you pump into the Chiller.
- To avoid overflow, don't fill past the 12-ounce max fill line found on the inside of the Chiller.
- When you're done pumping, just take the Inner Chamber filled with ice, screw it onto the Connector, and screw the assembly onto the Chiller. That's it!
- To pump more than once, repeat these steps.

Traveling or need more time?

- Out and about longer than anticipated? Just add ice.
- When going through security: Dump the ice from the Chiller, let security hold a test strip over top of the milk as usual, then add ice to the Chiller after screening.



If you're traveling and changing elevation (like a flight or a long drive up a mountain), be sure to occasionally unscrew the upper components to alleviate any pressure build-up.

Using Ceres Chill for 16 ounces of storage

For moms traveling on long trips or otherwise able to first chill freshly expressed milk, Ceres Chill can keep up to 16 oz of milk safely chilled for up to 20 hours. If you need this option, here's what you do:

- Make sure that your milk is first chilled to a refrigerator temperature of 45 degrees Fahrenheit or less.
- Add your chilled milk to the Chiller without the Inner Chamber attached to the Connector.
- Seal the milk into the Chiller with the Connector and Cap assembled together.
- For the 16 oz method, don't add warm milk to this already chilled milk.
- Within no more than 20 hours in ambient temperatures of 68-72° F (20-22° C), be sure to transfer your milk to an uninsulated container (like your Inner Chamber or baby bottles) and put it in a refrigerator or freezer. Don't put a Ceres Chill full of milk into the fridge or freezer because this Chiller will insulate it from the cold and will prevent refrigeration which isn't what you want. However, you can always use just your Inner Chamber filled with milk in the fridge to keep it cold.

Feeding the baby while out and about

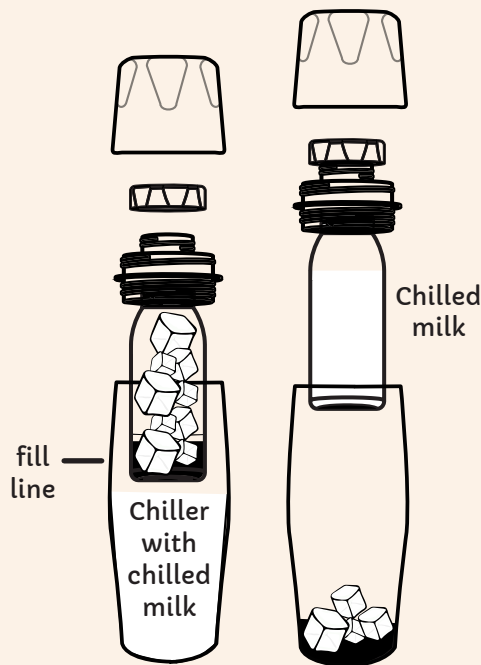
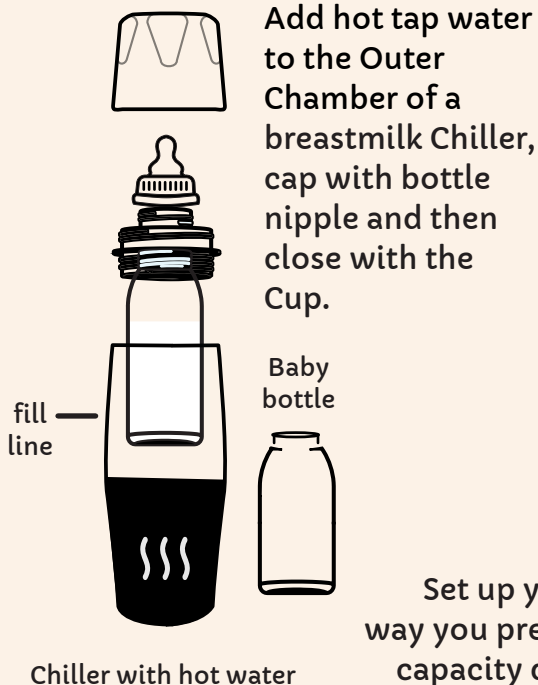
- Attach any standard nipple to the neck of the Connector screwed onto the Cup.
- Pour up to 7 ounces of chilled breastmilk in, warm as you would with any baby bottle by placing it into a bowl of warm water, and feed that sweet baby!
- Your Inner Chamber can also be used as a baby bottle by connecting a nipple-top directly to the mouth of the Inner Chamber. Warm the milk by adding warm water to the Outer Chamber or place in a bowl of warm water to raise to the desired temperature.



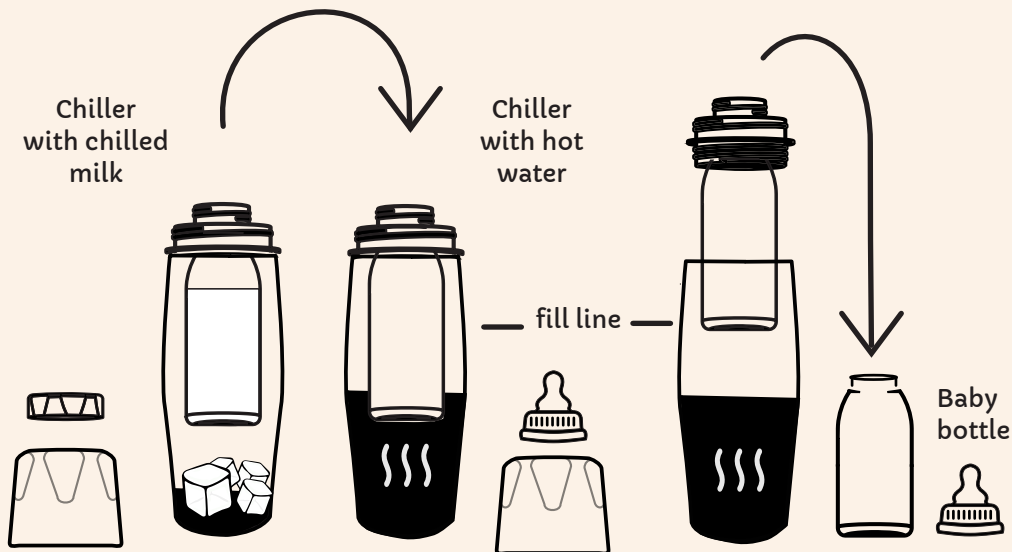
Photo by Mariel and Joey

Use Ceres Chill as a bottle warmer

That's right: Ceres Chill can also warm milk for the baby! This method requires 2 Chillers



Set up your second Chiller in whichever way you prefer to chill your breastmilk (See capacity diagrams earlier in this booklet).



When you're ready to warm milk to feed the baby, pour chilled milk from the cold Chiller into the Inner Chamber of the Chiller with the hot water, seal and wait 5-7 minutes.

Pour the warmed milk into the baby bottle to feed the baby, recapping the warm water Chiller quickly to keep the temperature for the next feeding.

Breastmilk storage guidelines

These guidelines are meant for feeding full-term infants who are not medically fragile or currently sick.

Storage time

	At room temp 66° F to 78° F	In the fridge Below 41° F	In the freezer Below 4° F
IDEAL	3-4 hours	72 hours	6 months Regular freezer
SAFE	6-8 hours	5-8 days	12 months Deep freezer
Most experts agree that it's safe to keep an unfinished bottle for the next feeding within 1-2 hours.	Freshly expressed milk lasts up to 24 hrs at temperatures below 59° F.	Store your milk toward the back, away from the door and sides. As long as milk is stored within these time periods, it's safe to freeze. Use the milk in the order it was frozen to keep supply as fresh as possible.	

Guidance

- Wash and dry your hands thoroughly before expressing or storing breastmilk.
- Wash containers and pump parts with warm, soapy water, rinsing well. Air-dry completely.
- Always test the temperature of contents before consuming.
- To warm refrigerated milk, immerse it in its container in warm water, or use a bottle warmer.
- Don't heat it in the microwave or on the stove.
- Once warmed, the milk can be used within 1-2 hours.
- To thaw frozen milk, move it to the fridge or hold it under cool, running water and then bring to cool-water temperature.
- If ice crystals are still present, it's safe to re-freeze.
- Once thawed, the milk is good for up to 24 hours if kept in the fridge.

Caring for Ceres Chill®

- Wash thoroughly before first use.
- Don't put Chiller parts in the microwave, on the stove top, or in any type of oven.
- Don't put Ceres Chill parts in the bottom rack of your dishwasher, as very high heat can shorten the life of the parts. The plastic parts and inner Chamber can go on the top rack of the dishwasher. Always handwash the Outer Chamber to avoid damage.



Our deep-dive into
cleaning & sterilizing

- Wash all the parts as soon as possible after use. Don't use any abrasive cleaners and scrubbers, as they may dull the finish.
- Ceres Chill uses 3 flexible "O-Rings" and for a tight seal. Check periodically to make sure all 3 O-Rings (found on the outside and inside of the Connector and inside the Cap) are present and firmly in place.

Missing, worn or misaligned O-Rings may cause leaks which, in the case of hot liquids, may burn or scald people.

Periodic cleaning of the 3 O-Rings

- Carefully remove the O-Rings from their beds with a dull pick or tweezers.
- Soak for 5 minutes in soapy, warm water. Use a small brush to scrub thoroughly.

Tip

Test the seal every time you use the Chiller but especially after replacing the O-Rings. Simply fill with water and replace the Cap. Shake vigorously to ensure that the seal works properly. If not, double-check the placement of the silicone pieces and repeat the test to confirm a proper seal.

Learn

Learn more about using Ceres Chill by visiting the FAQ on our website at www.cereschill.com.

Ask

Contact us anytime with questions at info@cereschill.com or by phone at (206) 338-5506 — We love to hear from you and answer any questions you might have!

Troubleshooting tips

Is my milk safe if all the ice has melted?

It's probably quite safe. The ice has transferred its cooling capacity to your milk as you've added milk to the Chiller. Keep in mind that just because the ice is melted, that doesn't mean your milk is unsafe. Your milk can be safely stored at up to 59° Fahrenheit for up to 24 hours. However, you might be adding too much water. All you need is a tiny splash to help the ice settle in. Too much water will speed up the ice melting.

It seems like my Chiller is sealed shut. Help!

Over-tightening your Chiller, particularly when changing elevation, can create a vacuum. If you're having trouble opening your Chiller, try placing it in the freezer for an hour, or hit the top of the Chiller hard with something like a book. Please reach out to us immediately if you're having difficulty. We want to make sure your Chiller is always very easy to use.

My Chiller seems to be leaking

First things first (and you may have already done this), be sure to check the gaskets and seals to make sure they are still in place and not damaged. They should sit snugly down in their little slots and can be gently removed, cleaned and pressed back in place with tweezers or a narrow chopstick.

There should be 3 soft silicone seals. A large one around the center connector, one inside the neck of the center Connector, and one in the small Cap. If you're missing a seal or if it's damaged, please let us know right away.

My Chiller has some stains or rust. How do I fix it?

Even the very best stainless steel is rust resistant, not rust-proof. If you're finding small spots on your inner or Outer Chambers after use, use these methods to clean your steel parts:

STAINLESS STEEL CLEANER

Apply hot water and your chosen non-toxic stainless steel cleaning solution to a soft sponge, mixing and applying thoroughly. Proceed to wipe and rinse your chiller clean.

BAKING SODA OR VINEGAR

Sprinkle baking soda or vinegar on dampened affected area, let it sit for 5-10 minutes, then scrub with a nonabrasive or soft sponge.

My Chiller is discolored. What can I do?

There are some pretty epic dishwashers, detergents and environments out there! Although your Outer Chamber might be okay in most dishwashers, don't risk it because a few get super-hot and bleach detergents will damage the finish. It's still safe but it may not be as pretty as the day we created it.

We haven't had any issues with using hot water or leaving Chillers out in the blazing sun, but one mom boiled hers for several minutes and that didn't go well. Bleach or harsh abrasive cleaners can also damage the finish. Hand-washing with hot water and liquid dish soap is the safest way to get your Outer Chamber clean.

Warnings

- Never over-tighten your Chiller. Comfortably closing the upper components is just fine.
- Don't put Chiller parts in a microwave, on the stovetop, or in any kind of oven.
- **NOT RECOMMENDED FOR USE BY CHILDREN**, except with adult supervision when configured as a baby bottle.
- Always test the temperature of contents before consuming.
- Don't overfill the Inner Chamber or Chiller: Leave space at the top of the container.
- Don't freeze any parts, as freezing can cause bottoms to bulge.
- Hot liquid contents may cause pressure, which may lead to the seal bursting and cause property damage or serious injury.
- Contents should not be left in the container at room temperature for longer than 24 hours. Some liquids spoil sooner than others. Proceed with caution when using the product with quick-spoiling contents.
- If you suspect spoilage, use caution when opening the container. Spoilage can cause pressure inside the Chiller and/or Inner Chamber to build, possibly leading to the forceful ejection of the Cap.
- To avoid injury, **POINT AWAY FROM FACE AND THOSE NEARBY** when opening. If you're unable to open the container by hand, don't use tools to open it; instead, dispose of it at your local waste facility.



Watch this! Kristen
breaks it all down
for you.

be my
breast
friend



Photo by Madison Nash



Photo by Mariel and Joey



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