

Preparing an Infant Feeding Emergency Kit

When there's an emergency like a bad winter storm, a hurricane, or a fire, it's important to be prepared. You should be prepared to look after yourself and your family for the first 72 hours, and this includes being able to feed your infant safely. Having an emergency kit prepared will help get you through emergency situations.

If you must leave your home, knowing a list of places you can go for heat and power is important for your emergency planning. Consider family and friends, or other community locations.

Breastfeeding is the safest way to feed an infant during an emergency. However, if it isn't possible to breastfeed during an emergency, it's important to have alternate feeding options available for your infant.

The supplies in the infant feeding kit are **in addition** to the supplies in your regular emergency kit: <https://novascotia.ca/emergency-education/docs/emergency-kit-checklist-en.pdf>



Things to remember when making an infant feeding emergency kit:

- The kit should be easy to carry
- Everyone in the household should know where it is
- Check your kit twice a year and replace anything that has expired

Things to include:

- Ready-to-use formula in single serving bottles
- Hand sanitizer to disinfect hands

It is recommended to use ready-to-use formula in single serving bottles for formula fed infants during an emergency; this eliminates the need for bottled water for mixing formula or cleaning after each feed.

If using powdered formula, liquid concentrate formula, or ready-to-use formula not packaged in single use bottles, ensure your kit also has:

- Formula
- Bottled water (enough for mixing **AND** cleaning)
- Feeding bottles and nipples or cups
- Disposable cups (if clean water is not available to wash feeding bottles or cups)
- Dish soap
- Unscented bleach
- Small wash bowl

After feeding, ensure you wash feeding bottles, nipples and/or cups with bottled water and soap in a small bowl. Allow the feeding bottles, nipples and/or cups to air dry, then disinfect them by soaking in 8 cups of water and 1 teaspoon of unscented bleach for 2 minutes.

Caution! Always keep bleach out of reach from children and follow the safety labels.