

EMERGENCY PREPAREDNESS FOR SAFE INFANT FEEDING

Extreme weather events in New Brunswick such as floods and frequent power outages create a need for families to be prepared in order to safely feed their infants during those times. The information below will help you prepare in case of emergency, so you can follow safe feeding practices for your infant.

Breastfeeding:

During emergency situations, breastfeeding is the safest way to feed your baby/young child. Continue to breastfeed.

Formula Feeding:

See the booklet [How to Feed Your Baby with Infant Formula](#) on the GNB Infant and Young Child Feeding and Nutrition page. It provides information on safe feeding with infant formula.

Planning Ahead for Emergencies:

- Make a plan for feeding your baby safely. Prepare an emergency kit which includes:
 - ✓ At a minimum, a 72-hour supply of ready-to-feed formula. Small containers are better to have on hand as larger containers will require refrigeration after opening. Check the expiry date before you use it. Check it monthly if the kit is not used.
 - ✓ Can opener
 - ✓ Sterile bottles or a box of disposable bottle liners and the liner holders
 - ✓ Sterile nipples to fit the bottles
 - ✓ Hand sanitizer
- Know where to go if you have to leave your home – family, friends, places within your community that provide heat and power in emergencies.
- If there is no power or safe water, safely feed your baby by using single serve **ready-to-feed** infant formula.
- When making infant formula, use safe tap water or bottled water and bring the water to a rolling boil for 2 minutes but no longer. If you cannot boil your water use single serve ready-to-feed formula.
- In the event of boil water advisory, use single serve ready-to-feed infant formula. If you do not have this use water that has been brought to a rolling boil for 2 minutes when making infant formula.
- When storing infant formula, prepared bottles **MUST** be refrigerated at **4°C (40°F)** and used within 24 HOURS. If you do not have power or safe water, use single serve, ready-to-feed infant formula.