

# Preparing ready-to-use infant formula in an emergency



## Preparing a bottle of infant formula

1. Clean your preparation surface, for example the lid of a storage container.

Wet the surface with water, squirt with detergent and rub with a paper towel. Dry the surface with a new paper towel and wipe with an anti-bacterial wipe.

2. Wash your hands using soap and water. This is an essential step for the safe preparation of ready-to-use infant formula.

If limited water is available, moisten your hands and lather with soap. Vigorously rub your hands together for at least 15 seconds to clean your palms, fingers, between fingers, the backs of your hands, thumbs and wrists.

Rinse off the soap and dirt and dry your hands with a clean paper towel.

3. Clean a metal knife with detergent and water in a washing bowl, wipe it with an anti-bacterial wipe and dry with a paper towel before use.
4. Use a clean knife to open the packaging of the ready-to-use infant formula.
5. Pour the required amount of ready-to-use infant formula into the clean feeding bottle.
6. Feed your infant.
7. Throw away any remaining ready-to-use infant formula within two hours. Alternatively, older children or adults in the family can consume any remaining formula.
8. Discard the used feeding bottle and teat. Under no circumstances should you attempt to wash and re-use feeding bottles and teats where water and power supplies are limited.
9. Wash your hands (as per step 2) after feeding your infant.
10. Wash the knife with soapy water, wipe it with a paper towel and then an anti-bacterial wipe before allowing it to air-dry. Rinse the washing bowl in clean water and dry with a paper towel.
11. Return all supplies to the storage container and seal the lid.

1. The steps outlined in this fact sheet were sourced from: Gribble, KD & Berry, NJ 2011 'Emergency preparedness for those who care for infants in developed country contexts', International Breastfeeding Journal, vol.6, no.16.

## Chemical sterilising using cold water

1. Use a clean knife to open the packaging of the feeding bottles.
2. Use wet paper towels to wash the bottles and teats with cold, soapy water.
3. Mix 4 litres of water with 2½ capfuls of sterilising liquid solution or 4 sterilising tablets in a clean plastic or metal storage container.
4. Immerse the bottles and teats in the solution and ensure that all air bubbles are eliminated. Place a heavy plate on the bottles and teats to ensure they remain immersed and secure the container's lid.
5. Soak the items for a minimum of 15 minutes.
6. Use metal tongs to remove items from solution and shake off excess liquid when you are ready to use a bottle and teat. Use the bottle and teat immediately.