

Emergency pantry list for infants (aged 6–12 months)

Breastfeeding and formula-fed

Breastfeeding infants (aged 6–12 months)

The following table outlines adequate supplies for an infant receiving breast milk and solid foods for three days.

Item	Approximate quantity
Disposable nappies	30
Nappy wipes	80
Nappy sacks	30
Disposable gloves	30
Hand sanitiser	1 bottle
Ready-to-eat food e.g. pureed vegetables, fruits and meat, combined meals, baby yoghurt, fortified cereals, baby rusks	Over three days you will need 9 jars or pouches of ready-to-eat baby food: <ul style="list-style-type: none"> • 3 x cereal – e.g. porridge, bircher muesli, multigrain cereal • 2 x vegetables – e.g. beetroot veggie, carrot, sweet corn and pumpkin, pumpkin and couscous • 1 x fruit – e.g. pear, banana and apple, mango and banana • 2 x meat – e.g. lamb shepherds pie, beef and vegetable, chicken and vegetable • 1 x long-life yoghurt or custard. <p>Jars or pouches are available in a variety of sizes (e.g. 90g, 110 g, 120 g, 125 g). Choose product sizes and food textures that suit your infant.</p>
Disposable teaspoons	10 (to feed solid foods)
Bottled water (for drinking)	500 mL x 3
Solid storage container with lid	1 (big enough to store all the supplies)



The following information may also assist you:

- continue to breastfeed your infant as you did before the emergency.
- consider how much solid/complementary foods your infant is eating and use this information to guide your purchasing
- offer your infant more breastfeeds or small sips of water between feeds if it is hot
- buy small or single serves and discard any opened food that may spoil if not eaten immediately
- do not give your infant food that has passed its best-before date
- wash your infant's hands (and your own) before feeding
- throw out used utensils to prevent contamination.

Further advice and support is available from:

- Breastfeeding Helpline, 1800 686 268
- Lactation consultants or breastfeeding counsellors
- 13 HEALTH (13 43 25 84)

Formula-fed infants (aged 6–12 months)

The following table outlines adequate supplies for an infant receiving formula and solid foods for three days.

Item	Approximate quantity
Ready-to-drink formula	12 x 250 mL (based on 4 feeds per day)
Sharp metal knife	1
Small bowl	1
Feeding bottles and teats	12
Paper towels (2 or 3 ply)	96 sheets
Detergent	1 small bottle
Soap (hand washing)	1 small bottle
Antiseptic wipes	48
Disposable nappies	30
Nappy wipes	80
Nappy sacks	30
Disposable gloves	30
Hand sanitiser	1 bottle
Ready-to-eat food e.g. pureed vegetables, fruits and meat, combined meals, baby yoghurt, fortified cereals, baby rusks	Over three days you will need 9 jars or pouches of ready-to-eat baby food: 3 x cereal – e.g. porridge, bircher muesli, multigrain cereal 2 x vegetables – e.g. beetroot veggie, carrot, sweet corn and pumpkin, pumpkin and couscous 1 x fruit – e.g. pear, banana and apple, mango and banana 2 x meat – e.g. lamb shepherds pie, beef and vegetable, chicken and vegetable 1 x long-life yoghurt or custard. Jars or pouches are available in a variety of sizes (e.g. 90g, 110 g, 120 g, 125 g). Choose product sizes and food textures that suit your infant.
Disposable teaspoons	10 (to feed solid foods)
Bottled water (for drinking)	500 mL x 3
Disposable cups	24
Solid storage container with lid	2 (one container big enough to store all the supplies and another smaller container for sterilising bottles)
Sterilising liquid or tablets	1 L liquid solution or 30 tablets
China plate	1
Metal tongs	1

The following information may also assist you:

- consider how much solid/complementary foods your infant is eating and use this information to guide your purchasing
- offer your child small sips of water between feeds (use a clean disposable cup each time)
- buy small or single serves and discard any opened food that may spoil if not eaten immediately
- do not give your infant food that has passed its best-before date
- wash your infant's hands (and your own) before feeding
- throw out used utensils to prevent contamination
- read the Preparing ready-to-use infant formula in an emergency fact sheet for a step-by-step guide for sterilising bottles and preparing ready-to-drink infant formula.