

Preparing Formula for Babies During Emergencies

If you have made an informed decision to formula feed your baby, and have experienced a loss of power the following information will help you keep the formula for feeding your baby safe for use:

- Keep the refrigerator door closed as much as possible. A refrigerator with the door kept closed will hold prepared and opened cans of formula at safe temperatures for 4-6 hours. (temperature must be 4° Celsius or lower)
- If the power outage is for a long period of time, store the prepared formula in a cooler with ice/ice packs

Preparing formula:

- Wipe the top of the can of formula before opening to get rid of any dust or dirt that might get mixed in with the formula inside when the can is opened.
- Check the expiry date (side or bottom of the can).
- Do not use the can if it is dented. Air may have gotten in and allowed bacteria to grow. Try returning it to the store.
- Each formula has its own instructions, so do not assume you know the correct amounts.
- Measure carefully.
- Only the scoop that came with the package of formula should be used (scoop size can vary among cans of formula).
- **Boil water for at least 2 minutes after it reaches a “rolling” boil.** This will **disinfect** the water.
- Water can be disinfected and stored at room temperature for 24 hours in a sealed and disinfected container, or for 2-3 days in the fridge in a sealed and disinfected container.
- Without power consider using a gas barbeque outside of your home to boil the water. A fondue pot with the correct fuel can also boil water.
- If you get your water from a well, water will not be available during a power outage as the pump will not operate. Keep an emergency supply of bottled water on hand. Bottled water must be boiled before you use it for making formula.
- Check with your neighbours who have generators and may be able to assist.

Safe Storage of Prepared Formula:

- Use prepared bottles within 24 hours.
- Do not leave prepared formula out of the refrigerator for more than 2 hours.
- Opened cans of powdered formula should be kept covered with the lid and used within one month.
- When a can of ready-to-feed or liquid concentrate is opened, any leftover contents should be poured into a disinfected glass container and refrigerated.
- Keep prepared bottles of formula in the main part of the fridge (not in the fridge door). The main part of the fridge keeps the formula colder.

For more information on preparing formula visit https://www.beststart.org/resources/breastfeeding/B19/FormulaBooklet_B19-E.pdf