

EMERGENCY KIT

What's needed for little ones

Supplies and quantities in the emergency kit should be stocked according to the local recommendations. In Canada, a three-day supply is usually recommended, but it may be necessary to have supplies for longer periods, depending on local conditions and circumstances.

Basic items



Disposable diapers



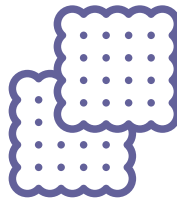
Baby wipes



Hand sanitizer and soap



From 6 to 23 months old



Snacks



Non-perishable food and utensils



Bottled water

Find community breastfeeding supports

In Quebec (by region):
mouvementallaitement.org/ressources

Elsewhere in Canada:
safelyfed.ca/canadian-breastfeeding-resources

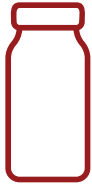
For a breastfed baby: do not include commercial infant formula

Offering commercial infant formula to a breastfed baby is not recommended. Breastfeeding is the safest and easiest way to feed babies in an emergency. The risks of commercial infant formula are increased in emergency situations, as health services and safe conditions may be difficult to access. Contact information for local breastfeeding supports should be added to a family's emergency kit.

BREASTFED BABY

FORMULA-FED BABY

Until 12 months old



Ready-to-feed infant formula
(60–90 ml) 10–16 per day



Cleaning wipes



Dish soap and
cleaning brush



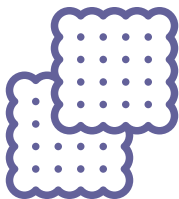
12 L clean water/day



Disposable paper cups
(or glass or metal if washing and
boiling is possible)



From 6 to 23 months old



Snacks

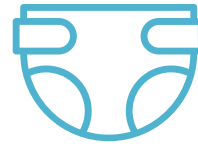


Non-perishable
food and utensils



Bottled water

Basic items



Disposable diapers



Baby wipes



Hand sanitizer and soap

Stock ready-to-feed formula in your emergency kit, even if it is not what you normally use.

If ready-to-feed formula is not available, concentrate or powder may be used. Both these products require extra materials to prepare and increase the risk of contamination. What's needed:

- 1 L clean water, boiled and cooled (to room temp for concentrate or to 70°C for powder)
- Measuring cup
- Pot for boiling water and equipment
- Stove and fuel
- 24 L clean water/day

Never prepare infant formula in washrooms

SafelyFed
Canada
safelyfed.ca



MouvementAllaitement.org