

Session 2 Homework

1. Assemble your own cold sanitation kit, real or mock.
2. Complete the online e-learning module.
3. Practice cleaning & sanitizing feeding items when only unsafe water is available.
4. Complete the evaluation for this session.

Additional handouts & resources follow.

1. Assemble Your Own Cold Sanitation Kit



We all feel more comfortable teaching what we have done. To help with the next 2 tasks, create your own sanitation kit. While using real items is helpful, it is ok to use what you have on hand.

English:

safeinfantfeeding.org/app/uploads/2025/11/DIY-Sanitation-Kit-Components.pdf

- Use the DIY Sanitation Kit handout to help you assemble your kit.
- If creating a mock kit, gather items you can pretend to use while practicing.
- If you prefer, it is ok to omit bleach and use an empty bottle of some other kind to simulate the bleach step.

Spanish:

2. E-Learning Module on Feeding Basics (Optional, Recommended)



This will review much of what we have discussed, and provide additional information and a scenario to practice what you have learned. Cost is \$10.

<https://www.ncbfc.org/product-page/safe-training-feeding-basics>

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3. Practice cleaning & sanitizing feeding items when only unsafe water is available.

We recommend practicing both the boiling and bleach methods, but practice at least one of them. Simulating the process while describing it aloud is fine, though do try to wait the recommended amount of time where indicated.



SAFE Handout Booklet

Contains more details on all the steps.

Use page 9 for reference on making water potable.

Pages 2-3 discuss cleaning & sanitizing.

https://safeinfantfeeding.org/app/uploads/2025/11/SAFE_Feeding_Visual_Handouts_Booklet_Slides.pdf

Steps Using Boiling Method	Steps Using Bleach Method
<ol style="list-style-type: none">1. If water is not clear, filter.2. Make water potable (safe to drink). Boil for 1 minute.3. Clean feeding items using safe water and dish soap. Rinse with safe water.4. Sanitize feeding items. Submerge in water, boil for 5 minutes. Remove items carefully.5. Air dry and store in a clean container used only for sanitized feeding items.	<ol style="list-style-type: none">1. If water is not clear, filter.2. Make water potable (safe to drink). Use 8 drops bleach to 1 gallon (3.75 L) water. Wait at least 30 minutes.3. Clean feeding items using safe water and dish soap. Rinse with safe water.4. Sanitize feeding items. Soak at least 2 minutes in a solution of 1 tsp (5 mL) bleach in 8 cups or ½ gallon (2 L) of water.5. Air dry and store in a clean container used only for sanitized feeding items.



4. Complete the session evaluation



To track your attendance and help us improve, please complete the short evaluation as soon as possible. This will allow us to verify your attendance for the certificate of completion at the end of the series.

<https://forms.gle/VeeMBUYdXYzVJsXA>

Handouts, Links & Resources

 <p>SAFE Infant Feeding Quick Reference Guide <i>Guía de referencia rápida sobre alimentación infantil</i></p> <p><small>Cleaning Feeding Items / Limpieza de Artículos de Alimentación Infantil Sanitizing Feeding Items / Desinfección de los Artículos de Alimentación Infantil Cup Feeding Infants / Alimentación con Vaso Hand Expression / La extracción de leche con las manos Powdered Formula Preparation / Fórmula Infantil Comercial en Polvo Supporting Breastfeeding/Breastfeeding in Stressful Situations / Apoyo a la lactancia en situaciones estresantes Human Milk Storage Guidelines / Guía para almacenar la leche humana Formula Storage Guidelines / Guía para almacenar fórmula infantil</small></p> <p><small>For Support or Referrals: / Para apoyo o referidos: 828-809-3201 • info@safeinfantfeeding.org • SafeInfantFeeding.org/families A Program of Breastfeeding Family Friendly Communities</small></p> 	<h2><u>SAFE Infant Feeding Quick Reference Guide</u></h2> <p>This is the final version of the handout booklet we distributed in western NC after Helene. Includes instructions for:</p> <ul style="list-style-type: none"> • Cleaning Feeding Items / Limpieza de Artículos de Alimentación Infantil • Sanitizing Feeding Items / Desinfección de los Artículos de Alimentación Infantil • Cup Feeding Infants / Alimentación con Vaso • Hand Expression / La extracción de leche con las manos • Powdered Formula Preparation / Fórmula Infantil Comercial en Polvo • Supporting Chestfeeding/Breastfeeding in Stressful Situations / Apoyo a la lactancia en situaciones estresantes • Human Milk Storage Guidelines / Guía para almacenar la leche humana • Formula Storage Guidelines / Guía para almacenar fórmula infantil <p>This booklet may be used in emergency response situations as-is, or co-branded with your organization contact information.</p> <p>https://safeinfantfeeding.org/app/uploads/2025/11/SAFE_Feeding_Visual_Handouts_Booklet_SIF.pdf</p>
	<h2>Bleach Alternative Notes</h2> <p>Notes and facts about cold water purification alternatives other than liquid bleach.</p> <p>https://safeinfantfeeding.org/app/uploads/2025/12/Bleach-Alternatives-Notes.pdf</p>
	<h2>Water Filters Meeting WHO standards</h2> <p>3 *** are better!</p> <p>https://safeinfantfeeding.org/app/uploads/2025/12/WHO-Water-Treatment-Solutions.pdf</p> <p>https://www.who.int/tools/international-scheme-to-evaluate-household-water-treatment-technologies/products-evaluated</p>



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Our Services Include:

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[SafeInfantFeeding.org](https://www.safeinfantfeeding.org)

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