



Session 4 Homework

1. Review Handouts
2. Start or continue a Resource List.
3. Research Donor Human Milk options in your community.
4. Field / Community Experience - volunteer on-site for 1-2 hours if possible.
If you have already done this, we encourage you to go out for another session.
5. Complete the evaluation for this session.
6. *Make suggested donation of \$5 per session (optional, but appreciated!)*

The resource page for this session, including the edited replay when it becomes available, can be found at: https://safeinfantfeeding.org/trainings/nourishing_resilience_virtual/nyccfe-nr4/

1. Review Handouts

See the list of handouts on the next page for links to individual handouts. The handouts listed below are new this session unless noted. Links to some helpful previous handouts are included later in this document for your convenience.

- **Human Milk Storage Guidelines**
(Page 10 of Quick Reference Guide* & CDC link)
- **Preparation of Powdered Infant Formula**
(Page 8 of Quick Reference Guide* + CDC & WHO links)
- **Storing Formula Safely***
(Page 11 of Quick Reference Guide and full-page handouts)
- **Milk Sharing Safety Guidelines** from Eats on Feets
- **Informal (Peer-to-Peer) Human Milk Sharing Information** from Perinatal Services BC (Canada)
- **Crisis Feeding Support** - Infant Regulation & Baby Carrying from Feeding in Motion
- **Baby Carrying Resources**
- **Infant Feeding Safety Scale (aka Hierarchy of Feeding)***

**Indicates previously distributed handouts.*

2. Start a Resource List



Most organizations serving low-resource people will still operate after an emergency. Start compiling a list of these organizations that would be great referral partners during an emergency. While you are searching, look for the emergency services and disaster planning organizations and contacts that serve your area. See more details here:

<https://safeinfantfeeding.org/app/uploads/2025/12/Resource-List-Guide-for-IYCF-E-Connections.pdf>

3. Research in Your Community - Donated Human Milk

Find out what options exist in your area for human milk. It's likely there are more options than you realize.

Start with these questions:

- What are the available options for obtaining or donating human milk? Look for community or peer-to-peer options as well as official milk banks.
- For each option:
 - Who does the organization serve?
 - What are the screening or other protective processes in place?
 - What is required to donate human milk?
 - What is required to obtain human milk?

4. Field / Community Experience

If you have already done this, great! We encourage you to go out and support more families or help with (more) organizing.

The best way to get comfortable working with families and sites is to do it. You don't need to wait for an emergency situation to occur - there are families everywhere who do not have reliable access to safe water and other resources needed to safely feed children under 3 years old, and organizations that try to meet their needs.

Try to attend an event or volunteer with an organization for 1-2 hours in the next month. If possible, try to both help with organizing feeding items and talk with families using the RNA.

Suggested steps to follow:

- 1) **Identify an organization** that serves low resource people with young children. You may need to reach out to multiple organizations to find a suitable one. Examples include food banks, diaper banks, or possibly WIC, if you have access.
- 2) **Prepare** - Write out what you want to say/ask. Use the Contacting Sites Template. Be sure to include:
 - a) **Who you are, and your organization**, if you want to claim one.
We encourage you to call yourself something like an infant feeding specialist, and avoid titles referring to lactation.

- b) **Why you are calling.** For this experience, you may want to state that you want to help the site organize their baby feeding items and help low-resource families be certain they are feeding their babies and young children as safely as they can with the resources they have access to.
- c) **Find out when it is convenient for them for you to help.**
- 3) **Call or email the organization** - If possible, volunteer to help at an event or during their open to the public hours. If not, you can help sort infant feeding items during volunteer hours. This may help build rapport for later public events.
- 4) **Ask to talk to families** about their feeding practices with their young children.
- 5) **Decide what you will bring.** See the lists below, and consider if you also want to bring kits, the Quick Reference Guide, or the DIY handout to give families.

Consider Bringing If Organizing Items	Consider Bringing If Talking With Families
<ul style="list-style-type: none"> • Permanent marker, preferably black • Safe Storage Guidelines • Steps for Safe Distribution of Infant Feeding Supplies • Safe Infant Feeding Tips for Families sheet, to hang up. • QR code/link to resource page: https://safeinfantfeeding.org/sites/ 	<ul style="list-style-type: none"> • Safe Infant Feeding Tips for Families, for reference & to hang up. • Quick Reference Guide, or QR code families can scan to access it. • <i>Short referral list for other needs (opt)</i> • DIY Sanitation Kit handout • Sanitation kits, if desired. • QR code/link to resource page: https://safeinfantfeeding.org/families/

5. 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


- **Human Milk Storage Guidelines**
(Page 10 of Quick Reference Guide* & CDC link)
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- **VOAD Directory**



SAFE Infant Feeding Quick Reference Guide
Guía de referencia rápida sobre alimentación infantil

Chestfeeding Feeding Items / Alimentos de Alimentación de lactancia materna
 Bottlefeeding Feeding Items / Alimentos de los Artículos de Alimentación Infantil
 Cup Feeding Feeding Items / Alimentos de 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

For Support or Referrals: / Para apoyo o referidos:
 828-888-3388 • info@safeinfantfeeding.org • SafeInfantFeeding.org/families
 A Program of Breastfeeding Family Friendly Communities



SAFE Infant Feeding Quick Reference Guide


This is the final version of the handout booklet we distributed in western NC after Helene.

Includes instructions for:

- **Cleaning Feeding Items** / Limpieza de Artículos de Alimentación Infantil. Pg 2
- **Sanitizing Feeding Items** / Desinfección de los Artículos de Alimentación Infantil. Pg 3
- **Cup Feeding Infants** / Alimentación con Vaso. Pgs 4-5
- **Hand Expression** / La extracción de leche con las manos. Pgs 6-7
- **Powdered Formula Preparation** / Fórmula Infantil Comercial en Polvo. Pg 8
- **Supporting Chestfeeding/Breastfeeding in Stressful Situations** / Apoyo a la lactancia en situaciones estresantes. Pg 12
- **Human Milk Storage Guidelines** / Guía para almacenar la leche humana. Pg 10
- **Formula Storage Guidelines** / Guía para almacenar fórmula infantil. Pg. 11

This booklet may be used in emergency response situations as-is, or co-branded with your organization contact information.

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



Human Milk Storage Guidelines - CDC/ABM

“Breast Milk Storage and Preparation”

CDC guidelines (from the Academy of Breastfeeding Medicine’s protocol) for storage and preparation of expressed milk. Page links to a 2-page PDF as well as printable quick reference images.

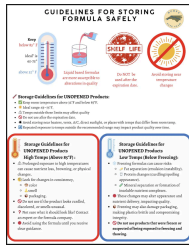
<https://www.cdc.gov/breastfeeding/breast-milk-preparation-and-storage/handling-breastmilk.html>



Safe preparation, storage and handling of powdered infant formula: guidelines - WHO

Booklet discussing both bulk preparation in healthcare settings and individual preparation in homes. Instructions cover how to reduce risk of infection by heating water used to mix formula.

<https://www.who.int/publications/i/item/9789241595414>



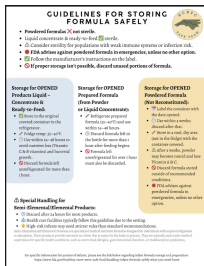
Safe Formula Storage Guidelines

Guidelines for storing formula so it keeps its nutritional value and remains safe to feed a baby.



Storing Factory Sealed (Unopened) Infant Formula

<https://drive.google.com/file/d/1J5m0wKxHK5Fm9wLMnLdEysQIWYXaksC5/view>



Storing Opened Infant Formula

Helpful for families and shelters.

https://drive.google.com/file/d/1o3PcbWmBU4IXg9dK7DSK_86xWZyKwbyY/view?usp=sharing



Milk Sharing Safety Guidelines - Eats on Feets 4 Pillars

On this page, the Eats on Feets group explains what they consider the 4 pillars of safe informed sharing of human milk.

<https://www.eatsonfeetsresources.org/the-four-pillars-of-safe-milk-sharing/>




Informal (Peer-to-Peer) Human Milk Sharing Information from Perinatal Services BC (Canada)

A handout discussing risks of milk sharing and some ways to mitigate those risks.

https://sph.unc.edu/wp-content/uploads/sites/112/2022/05/InformalMilkSharing_FamilyInfo.pdf

	<h2>Crisis Feeding Support - Infant Regulation & Baby Carrying</h2> <p>This short guide explains why emergencies can disrupt infant feeding beyond milk supply, the benefits of baby carrying, and ways for caregivers to help settle babies before they eat.</p> 
	<h2>Baby Carrying Resources</h2> <p>A summary of essential tips for baby carrying, and resources to help you learn more. https://safeinfantfeeding.org/app/uploads/2025/12/Baby-Carrying-Resources.pdf </p>
	<h2>Infant Feeding Safety Scale (aka Hierarchy of Feeding)</h2> <p>The relative safety of different ways to feed a baby. Use to help educate caregivers. (Spanish and English in same pdf) https://safeinfantfeeding.org/app/uploads/2025/11/Infant-feeding-Safety-Scale.pdf </p> 
	<h2>VOAD Directory</h2> <p>Use this directory to find your state or territory VOAD (Volunteer Organizations Active in Disasters), then search their list for groups active in your area: https://www.nvoad.org/state-territory-voad/</p>



Support the SAFE Team

Our Services Include:

- Public training programs like this one.
- Advice/guidance regarding IYCF-E in preparedness & emergency response.
- S3C Virtual Support Sessions for IYCF-E advocates.
- Custom training programs for organizations (*fee*)
- On-the-ground disaster response &/or training when invited & available.

Please donate to support this work.
Select SAFE Team.



SafeInfantFeeding.org

Suggested donation -\$5 per session