



Infant Food Safety During a Power Outage

Human Milk

- Human milk can support the growth of harmful bacteria if left at temperatures above 41°F for more than two hours. Consider the following when storing in emergencies:
 - Freeze as much of your supply as possible. Sealed bags or bottles of milk can be frozen into quart zip bags of water to allow for an extra layer of ice
 - Freeze milk in single serving portions to prevent thawing more than what will be used immediately
 - Use safe, drinking quality water if heating bottles
 - Use cleaned, sanitized bottles and containers



Keeping human milk, formula and baby food at safe temperatures is important for keeping infants and young children healthy. Consider these steps when preparing for and recovering from storms.

Keeping Milk and Food Cold

For safety it is important to keep human milk, prepared infant formula, opened or homemade baby food purees and prepared cereals at or below 41°F. These items should be thrown away if above 41°F for over two hours. Consider the following:

- Prepare coolers with ice or dry ice.
- Purchase ice or freeze containers of water for ice.
- Purchase or locate a fridge thermometer for storage and a tip-sensitive digital thermometer for checking food temperatures.

Water for Milk Heating and Food Preparation

- Use bottled water whenever possible.
- Clear water from questionable sources should be brought to a rolling boil for 1 minute and cooled before use.
- Water can be treated with unscented bleach. For clear water, add 1/8 teaspoon bleach per gallon. For cloudy water, add 1/4 teaspoon bleach per gallon. Allow to stand for 30 minutes before using.

Baby Food

- Use canned, prepared formula and commercially packaged baby food in cans, jars or pouches if possible.
- Be sure foods in non-waterproof containers do not come in contact with flood waters.
- Avoid thawing frozen food by placing food in water or leaving at room temperature.
- Do not leave food above 41°F for over 2 hours (one hour if food temperature is 90°F or higher).
- Reheat refrigerated or frozen baby food to at least 165°F.