

Creating Breastfeeding Emergency Preparedness Kits

Created By: Peoria City / County Health Department WIC

Created In: Illinois

Topic: Access to Care

Organization Type(s) Involved: Public Health, WIC

In response to recent formula recalls and subsequent formula shortages, Peoria City / County Health Department WIC (Peoria WIC) collaborated with Peoria City / County Health Department Emergency Preparedness to develop Breastfeeding Emergency Preparedness Kits to provide at the health department and as an example for local families to replicate.

Goal

To increase support for breastfeeding families and infant nutrition with the creation of an Emergency Preparedness Kit and Infant Feeding Plan in the event of an emergency or disaster.

Steps

1. **Identify partners.** Search for partners with a common goal for the project.
 - Peoria WIC staff partnered with the Emergency Preparedness Department to develop Breastfeeding Emergency Preparedness Kits.
2. **Determine supplies needed.** Consider products that do not have an expiration date and items that do not require electricity or refrigeration. Staff selected the following items to include in the kits:
 - Collapsible cooler
 - Instant cool pack
 - Milk storage bags
 - Milk bottles
 - Cloth diapers and diaper pins
 - Permanent marker
 - Hand sanitizer
 - Alcohol wipes
 - Hand powered flashlight
 - Nursing cover
 - Medicine cup
 - Face mask
 - Breast pads
 - Bottles of water

3. **Conduct outreach and information sharing.** Conduct outreach to promote the use of the Breastfeeding Emergency Preparedness Kits at local health fairs, conferences, community events, etc., and share information regarding the contents of the kits with families.
 - Peoria WIC stores the kits at the health department to provide in the event of emergencies.
 - A list of the items in the kits is distributed at events for families to create their own if desired.



Resources

- [Emergency Feeding Kit Checklist](#): Example list of items to help families prepare for feeding their infants during emergencies.
- [Proper Storage and Preparation of Breast Milk](#): CDC webpage outlining human milk storage guidelines and safe storage of expressed milk. Guidelines were printed and included with kits.

Key Takeaways

- Peoria WIC saw great interest in the Breastfeeding Emergency Preparedness Kits, which was a unique opportunity to provide to the community. Staff noted kits would have been an excellent resource during the formula shortage and are now more prepared for emergency events in the future.

Challenges

- **Continued Funding:** A potential future challenge for Peoria WIC is funding for kit items along with handouts to provide information to families to make the kit at home.

Future Considerations

- **Incorporate into future emergency preparedness trainings.** Kits can be utilized in future emergency preparedness trainings which will spread awareness of breastfeeding emergency preparedness.

ABOUT LESSONS LEARNED

Lessons learned provide step-by-step instructions to replicate and adapt one community's success to your own community! Lessons learned are created by local organizations and shared in an effort to scale what works. Local organizations have provided permission to share the available resources.

Do you have an experience you would like to share? Others would love to learn from you! Please contact solutions@coffective.com and a Coffective team member will contact you to gather more information.

To access more examples of projects completed at the local level and supporting resources, sign up or log in to the [Cognitive dashboard](#).