



FED IS BEST FOUNDATION

FED IS BEST

*Hospital
Essentials for
Formula
Feeding
Parents*



FED IS BEST INFANT FEEDING COURSE

FORMULA FEEDING CHECKLIST

ESSENTIAL ITEMS TO PACK FOR THE HOSPITAL FOR PARENTS WHO WISH
TO FORMULA FEED FROM BIRTH

- Your Fed Is Best Feeding Plan
- Feeding plan crib card or door sign
- Ready-to-feed formula of your choice if you don't want to rely on the hospital or use their formula brand
- Sterile newborn size nipples compatible with your ready-to-feed formula bottles
- Supplies for facilitating sleep, such as an eye mask, and white noise app
- Pacifiers (if desired)



Don't forget to pick up your copy of the Fed Is Best Book, check out our online resources at fedisbestbook.org/resources and sign up for our newsletter to get a notification when our Fed Is Best Safe Infant Feeding Course comes out!

