

Feeding-Station Snack Basket

Keep a little basket by the chair where you feed or pump. That way a snack is always within one hand's reach, even at 3 a.m.

In the basket

Okay at room temperature

- ☐ Snack Mix bags, 1 a day
- ☐ A water bottle to refill each feed
- ☐ Napkins or wipes
- ☐ Phone charger

From the fridge

These stay cold

- ☐ Peeled mandarins, covered
- ☐ Cocoa Bites
- ☐ 1 cup milk
- ☐ String cheese

Your snacks, by how you feed

How you feed your baby	Your snacks each day
Formula	Snack Mix + 1 mandarin , whenever you like.
Formula + breast milk	Snack Mix + 1 mandarin . During one feed, add 2 Cocoa Bites + 1 cup milk .
Breastfeeding or pumping	Snack Mix + 1 mandarin . During one feed, add 2 Cocoa Bites + 1 cup milk . At a night feed, enjoy string cheese + 1 mandarin .

Hungry for more? Go ahead and eat. These snacks are a starting point, and your body is doing a lot.

A few gentle reminders

- Milk and cheese can sit out for up to **2 hours**. After that, back in the fridge they go.
- Enjoying coffee or tea? Have it at least **1 hour before** a meal or snack. That helps your body take in more iron.
- Dairy-free? Use soy milk, and swap the string cheese for 2 tbsp pumpkin seeds.
- The Cocoa Bites have honey, so they're just for grown-ups. **Babies under 1 year should never have honey.**
- Keep taking your prenatal vitamin unless your doctor or midwife says to stop.