

Edinburgh Infant Food Insecurity Pathway



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The Edinburgh Infant Food Insecurity Pathway supports families with infants under 12 months who are in financial crisis and cannot afford infant formula, offering clear steps to access safe, reliable nutrition and timely and sustainable help. It follows national guidance "[Guide to Responding to and Preventing Infant Food Insecurity in Scotland](#)", to ensure infants receive safe, uninterrupted nutrition and connects families with wider support.

Support for families experiencing infant food insecurity

The pathway helps parents/carers of infants under 12 months who are currently using first stage infant formula know where to go for immediate support to safely, responsively and appropriately feed their infants during a crisis.

When considering families with infants who are presenting in crisis, the approach should focus on dignity, choice and respect, with a 'no wrong door' principle to ensure quick and seamless access to support.

Support from health professionals

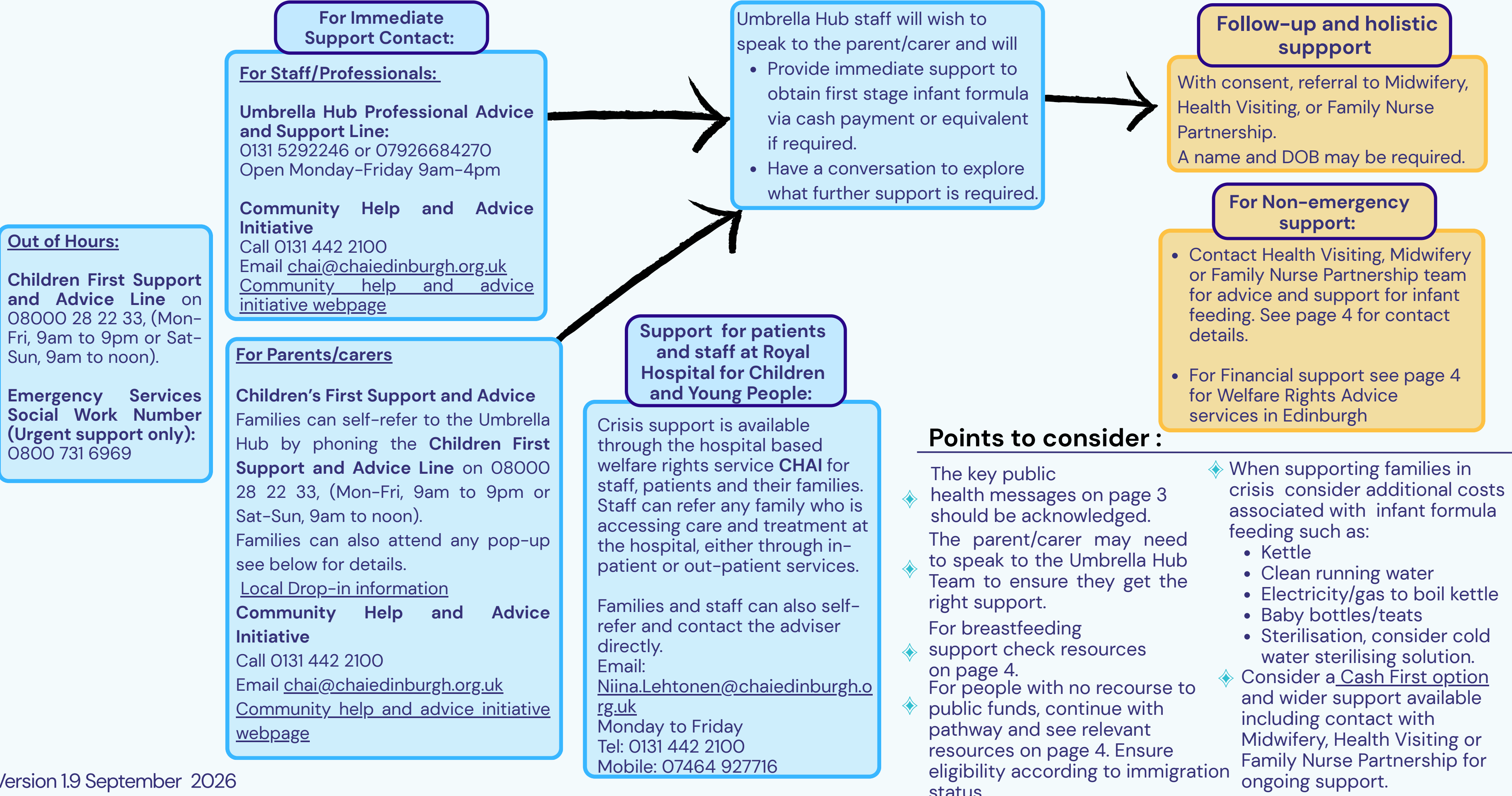
Midwifery, Health Visiting and Family Nurse Partnership teams can support with feeding and link parents/carers to Welfare Rights Advice.

Both services can be accessed directly without a referral through the infant food insecurity pathway. Contacts are on page 4. Information on breastfeeding support and infant feeding are in the 'Resources' section on page 4.

Connecting to community organisations and wider support

Beyond crisis support, families are connected to organisations offering breastfeeding support, food, financial help and wider family services to receive the support that suits them.

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Key Public health Messages

BREASTFEEDING

Breastfeeding is the optimal milk for infants. It is easily digested, has nutrients in the right proportions and contains antibodies and properties that prevent and protect against infections.

Breast milk is unique and is produced to meet the needs of the infant.

Exclusively breastfed babies do not need formula milk but the family may need support in other ways to protect breastfeeding and support the mother to continue breastfeeding.



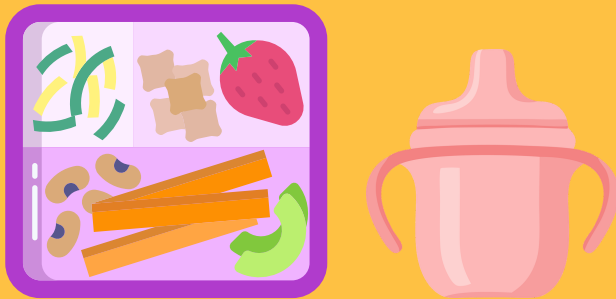
Where a baby is fed through a combination of breastmilk and formula, maximising breastfeeding through sustainable support is equally important as supporting access to first stage infant formula. This includes support for the mother and wider family to access nutritious food and breastfeeding support.

NUTRITION REQUIREMENTS FOR CHILDREN UNDER ONE

Infants have unique nutritional requirements.

In the first six months of life they require solely breastmilk or first stage infant formula.

After six months of age, infants can have small amounts of regular milk (cows or equivalent) in food.



Breastmilk continues to have nutritional and other benefits up to 2 years and beyond and mothers should be supported to continue to breastfeed for as long as they wish alongside offering other foods.

Introduce your baby to drinking from a cup or beaker from around 6 months and offer sips of water with meals. Using an open cup or a free-flow cup without a valve will help your baby learn to sip and is better for your baby's teeth.

When using a bottle or trainer cup, do not put anything in it other than breast milk, formula milk or water.

FORMULA FEEDING

Quality Standard of First Infant Formula

By law, all first stage infant formula sold in the UK must meet the same nutritional standards, which means they are all suitable for an infant's growth and development regardless of brand or price.

There's no evidence that switching to a different formula does any good or harm. If support is required, this can be provided through the families midwife, family nurse or health visitor.



Age-Appropriate Milk Transition

If an infant is formula fed, the only formula they will need in the first year of life is 'First infant formula milk'. There is no need for follow-on formula and they can transition to milk (cows or equivalent) from 1 year of age.



Resources

Breastfeeding

Breastfeeding support groups (listed per area) and breastfeeding resources:

- [Breastfeeding in the Lothians](#)
- [Breastfeeding support NHS Lothian](#)

Formula Feeding

- Public Health Scotland – [Formula feeding how to feed your baby safely](#)
- Parent Club– [Safe Formula Feeding](#)
- First Steps Nutrition – [Guide to Infant Milks](#)
- [Feeding your Baby–Infant Formula_ NHS Lothian](#)

No Recourse to Public Funds

- [Best Start foods](#)
- [IFAN/Migration Scotland leaflet](#)

Money /Finances

City of Edinburgh Council have several webpages to provide support for cost of living.

- [City of Edinburgh Council Cost of living page](#)
- [‘Worried About Money’ IFAN Leaflet](#)
- [Best Start Grant and Best Start Foods](#)

Support for Families

City of Edinburgh Council offer support available for families within their council area:

- [Support for families](#)
- [Housing](#)
- [Food Banks](#)

Services

Money/Finances

There are many Income maximisation and welfare advice services in Edinburgh which can offer free and confidential advice.

The Advice Shop.

Call **0131 200 2360**

Email:advice.shop@edinburgh.gov.uk

[Advice shop webpage](#)

Citizens Advice Edinburgh

Call **0131 510 5510**

[Citizens advice webpage](#)

Community Help and Advice Initiative

Call **0131 442 2100**

Email chai@chaiedinburgh.org.uk

[Community help and advice initiative webpage](#)

Granton Information Centre

Call **0131 551 2459** or **0131 552 0458**

Email info@gic.org.uk

Household Support

A single point of contact, working across council, health and other services; to help people access the right support at the right time, can [support with housing, benefits and other issues](#).

Support For Families

Umbrella Hubs

Professionals can refer families to receive support from the Umbrella Hub where families are indicating that they need support, in a position to actively engage and are consenting to a referral being made. In order to refer a family please contact **0131 5292246** or **07926684270**
Open Monday–Friday 9am–4pm

[Local Drop-in information](#)

Self-referral– Children’s First

Families can self-refer to the Umbrella Hub by phoning the **Children First Support and Advice Line on 08000 28 22 33** or by accessing the online chat facility on www.childrenfirst.org.uk and asking to be referred to the Umbrella Hub. A member of staff will then make contact with them.

Health Services

for advice and support for infant feeding;

Midwifery: Contact NHS Lothian Maternity Services on **0131 536 2009**

Health Visiting : Health Visitors are available: Monday – Friday 8.30am to 5pm. Your Health Visitor will give you their contact details.

Family Nurse Partnership

A Home Visiting programme supporting young first –time parents aged 19 or under, and eligible 20 to 24 year in NHS Lothian, Contact **0131 659 4735**