

Pouch Pal Hacks

1. Follow the loading instructions.

The most important step is bending the bottom of your food pouch into a **RAINBOW**. The **RAINBOW** helps hold the food near the top of the pouch, making it easier for your kiddo to drink. Also, check out pouchpal.com/how-to-video for a quick visual.



Loading your Pal

Start from the bottom!

- #3 Tuck in the top corners.
 - #2 Pinch in the sides.
 - #1 Bend the bottom into a RAINBOW.
- (Remove cap AFTER loading!)



2. Leave the cap on when loading Pouch Pal.

Once your food pouch is loaded, firmly grip the Pouch Pal and twist the cap to remove it. Then, open the Pouch Pal, place the cap inside the cap-saver space and close the Pouch Pal again.

3. If your kiddo is a thrower, wrap a hair band around the waist of your Pouch Pal.

I discovered this hack myself and I love it! While the Pouch Pal has a child-resistant latches, if dropped at the right angle or tossed by your little one, your Pouch Pal could pop open.

4. Embrace the Beginner's Reload.

If your kiddo hasn't mastered drinking from a straw yet, sucking food from the Pouch Pal can be difficult. Don't worry, here's a trick to help your kiddo learn to suck the food out.

- Open your Pouch Pal.
- Gently press on the food pouch until you see the food coming up toward the nozzle. This evacuates the extra air from the pouch and makes the food easier to suck out.
- Recap the food pouch...good thing there's a built-in cap-saver space!
- Reload the food pouch, **rolling the bottom of the food pouch up once BEFORE** forming your **RAINBOW**.

Once they get some practice using their Pouch Pal a few times, you won't have to bother with the Beginner's Reload. If needed, check out the Beginner's Reload Video at www.youtube.com/user/pouchpal.

Thank you so much for trying Pouch Pal! Please contact me directly for help or success stories!

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Food Pouch Compatibility

These types of pouches **ARE** compatible:

Most single use pouches with a top nozzle and notch.



These types of pouches **ARE NOT** compatible:



Side nozzle



Too big



No notch

