

# Safe Infant Formula Preparation



1. Make sure the formula is safe. The expiration or “use by date” should be current. Do not use formula from a container that bulges, leaks or has dents or rust spots. Before opening a new container wash the top with soap and water, rinse well and dry the top.
2. Wash your hands with warm running water and soap for at least 20 seconds before preparing formula. Clean the surface on which to prepare the formula.
3. Bottles, nipples, caps and rings should be clean. Sterilize then the first time before using (boil in water that completely covers the items for 5 minutes.) After the first use, wash items in soap and water and allow to air dry or use the dishwasher. Hold nipples upside down filled with clean water, squeeze open and let the water drip through the tip to clean and rinse.

## 4. Mix the formula.

- a. Read the instructions on the can and measure amounts needed carefully. Using more or less formula could make your infant ill.
- b. You can use tap or bottled water. Run cold tap water for two minutes to reduce the amount of lead and other contaminants in the water. Place the required amount of water in a clean pan and boil for two minutes. Let the water cool for no more than 30 minutes. (158° F) Infant formula is not sterile and preparing this way reduces risk of illness.
- c. Well water should be checked for lead, nitrates and bacteria before using.
- d. Liquid-concentrated formula – shake container before opening, measure according to directions for the amount you are mixing, shake or mix well.
- e. Powdered formula – measure for the amount of formula you want to prepare using the clean, dry scoop that comes in the can. To measure – fill the scoop with powdered formula and shave off excess from the top of the scoop with the flat side of a knife – do not use a curved surface such as a spoon. Pour the powdered formula into the bottle which already contains the measured amount of water. Attach the nipple and cap and shake well until the powder dissolves.

## 5. To warm the formula, if needed. It’s ok to give your baby room temperature or cold formula.

- a. Warm the bottle under warm running water or set in a pan of hot, but not boiling, water for a few minutes.
- b. Shake the bottle after warming it.
- c. Turn the bottle upside down and allow a few drops to fall on your wrist – it should feel lukewarm – not hot.
- d. **NEVER** warm a bottle of formula in the microwave.
- e. Feed your baby the formula right away and discard any formula that is not used within 2 hours. Do not re-refrigerate.

## 6. Store formula safely.

- a. Store unopened cans in cool, dry place – never in a hot car or garage.
- b. If you make several bottles at once, refrigerate until used. Throw away formula (mixed or concentrate left in the can) not used within 24 hours.

