

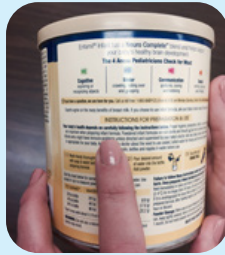
General Guidelines for Preparing All Types of Formula

1. **Clean the surface** and equipment used to prepare formula.
2. **Wash your hands** with soap and water and dry with a clean towel.
3. **Use a safe water source.** Tap water is best in most areas. If you have any concerns, talk to your doctor about your water source.

4. **Before opening the container,** rinse and dry the top of the container. Check the expiration date.

5. **Read the directions** on the can for mixing the formula.

Adding too much formula or not enough formula can make your baby sick.



6. **Before you feed the baby, always test the temperature** of the formula. Shake a few drops of formula on your wrist. It should feel warm, not hot.



7. **To warm formula,** put the bottle in a *small bowl of hot water*, and then shake the bottle to mix well. To cool the formula, put the bottle in a cup of cold water with ice.



- Test the temperature again on your wrist before feeding the baby.

How Long Should You Keep Formula?

Once you start to feed the baby	Discard after 1 hour
Prepared formula left unused at room temperature	Discard after 2 hours
Prepared formula in refrigerator (40 degrees F or less)	Discard after 24 hours

Do not heat the formula or bottle in the microwave.

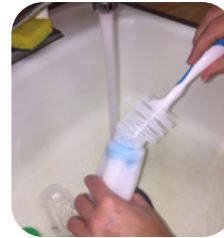


Cleaning Equipment

1. **Wash your hands with soap and water** and dry with a clean towel.



2. **Wash all bottles and equipment** used to make formula in hot soapy water. Use a bottle and nipple brush to remove all formula from the previous feeding.



3. **Rinse the bottles, nipples and equipment** with clean water.

4. **Sterilize the bottles, nipples and equipment** by putting them in a pot of water and boiling them for one minute. Be sure the bottles, nipples and equipment are completely covered in the water.



5. **Keep the pot covered** until you need the bottles or put the nipples and caps on the bottles and store them in a clean area for later use.



PREPARING INFANT FORMULA



Breastmilk is the Best Nutrition for Babies

The World Health Organization recommends feeding infants only breastmilk for the first six months of life. Breastmilk can give babies the best start for growth and development as well as a lifetime of health benefits.

Infants who are not breastfed need infant formula.

Powdered Formula

Powdered formula is not sterile and may have harmful bacteria in it. The water must be **hot** (greater than 158 degrees F) in order to kill bacteria in the powdered formula.

1. **Start with cold tap water.** Boil the water, then let it cool slightly, but no more than 5 minutes. The water must be hot enough to kill bacteria.

2. **Pour the hot water into clean bottles,** Fill the bottles exactly to the 2 oz., 4 oz. or 6 oz. line on the bottle, depending on how much your baby eats at each feeding.



3. **Use the scoop in the formula container** to measure the formula. Fill the scoop up and level it off with a knife. **Do NOT** pack it down. Add the powder to the water. Return the clean and dry scoop to the can.



How Much Formula?

Water	Powdered Formula
2 oz.	Add 1 scoop
4 oz.	Add 2 scoops
6 oz.	Add 3 scoops

- Most newborn babies only eat two to four ounces per feeding. To make a three-ounce feeding, prepare a six-ounce bottle and divide it into two three-ounce bottles. **Avoid using half-scoops** of powder.

4. **Put the nipples and caps on the bottles,** shake well, and test the temperature on your wrist. It should feel warm not hot.
5. **Feed the baby or store** the bottle in the refrigerator for use within 24 hours.

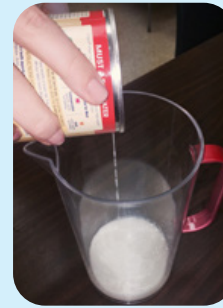
Formula from Concentrate

When making formula from concentrate, add an equal amount of water and formula to make a feeding.

1. **Before opening the can,** wash and dry the top. Shake the can and open with a clean can opener.



2. **Pour the entire can of concentrate** into a pitcher. Using the same can, add a can of tap water. The water does not need to be boiled, unless advised by the doctor.



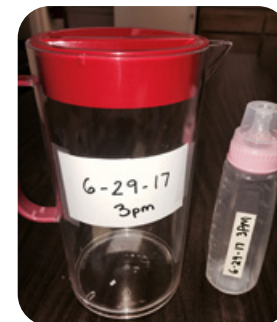
3. **Mix well and fill each bottle for one feeding.** Put the nipple and cap on the bottle.

4. **Test the temperature of formula** on your wrist. It should be warm, not hot.

5. **Feed the baby or store the bottle** in the refrigerator for use within 24 hours.

STORING TIP:

Label the pitcher or bottles of formula with the date and time to avoid feeding your baby formula that has expired.



Ready to Use Formula

This formula is ready to use and does **not** need any water added.

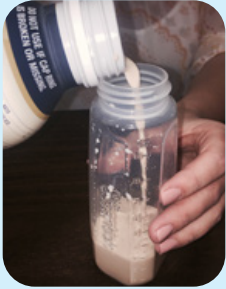
1. **Shake the container to mix the formula well.**

2. **Do not add any water or other liquid** to the bottle.

3. **Put the nipple and cap on the bottle.**

4. **Test the temperature of formula** on your wrist. It should be warm, not hot.

5. **Feed the baby or store the bottle** in the refrigerator for use within 24 hours.



Traveling with Formula

What do I do when I am out and about?

- Store the formula in the refrigerator before you leave the house. Place the cold bottles of formula in an insulated bag with ice packs. Feed the baby the cold formula bottle or warm the formula bottle in a cup of hot water to serve warm.



- Use single-portion, ready-to-use formula bottles. Bring along clean nipples and caps to add to the bottle when the baby is ready to feed.