



How to Prepare Formula for Your Baby

This 2-page document provides general instructions for preparing formula in powder or concentrated liquid form.

Follow the instructions from your baby's doctor if they differ from the instructions provided in this brochure.

Before preparing formula, follow these steps:

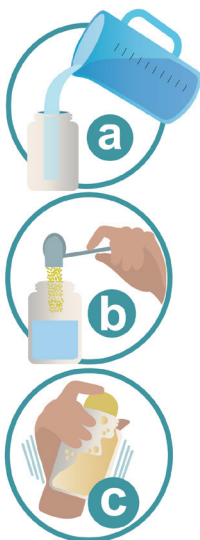
1. Do not use expired formula or formula containers with dents, puffy ends or rust spots.
2. Read and follow all the instructions on the infant formula container.
3. Clean the countertops where you will prepare the formula. Wash your hands with warm, soapy water for 20 seconds. Rinse your hands and dry them.
4. Use a clean bottle for each feeding. Clean all bottle parts after each use. To clean:
 - a. Take apart the bottle and rinse the parts under running water.
 - b. Wash all parts with hot, soapy water in a clean basin. Scrub parts with a bottle brush that you only use to clean baby bottle parts. Do not place or wash bottle parts directly in the sink. Germs from the sink could transfer to bottle parts.
 - c. Rinse the parts under clean, running water. Place parts on a paper towel. Allow to air-dry.
 - d. You can also clean bottle parts in the dishwasher. Place bottles on the top rack and small parts (nipples and caps) in the silverware basket. Remove parts from the dishwasher and place them on a paper towel. Allow to air-dry.
5. **You may sanitize bottle parts daily.** Sanitize parts **after** they have been cleaned. Sanitizing is particularly important for babies younger than 3 months, babies born prematurely, and babies with a weakened immune system. Talk with your baby's healthcare provider if you have questions.
6. To sanitize, disassemble bottle parts and place into a pot, cover with water and boil for 5 minutes. Remove bottle parts with clean tongs. Place on a paper towel and allow to air dry.
7. Powdered formula is not sterile. Therefore, extra steps are necessary **if your baby is younger than 3 months old, was born prematurely, or has a weakened immune system.**

To protect your baby, boil the water and allow it to cool to 158°F before using it to mix formula. To achieve this temperature, the water should be left for no more than 30 minutes after boiling.

Cool the prepared formula to body temperature before feeding it to your baby. Follow all other directions for safely preparing formula.

How to prepare powdered formula

Decide how much formula you want to prepare. Follow the directions on the formula container for the exact amount of water and formula to use. **Do not** add extra water or formula. Use clean water from a safe source.



- a. Always measure and add the water to the clean bottle before adding formula.
- b. Use the scoop that comes in the formula container. Fill the scoop with the correct amount of powdered formula and add it to the bottle. Do not pack it or heap it. Do not use half scoops.
- c. Shake the bottle well to mix the formula.

Do not add any foods to the bottle, such as infant cereal. Adding food to the bottle will not make your baby sleep longer and it could increase your baby's risk of choking.

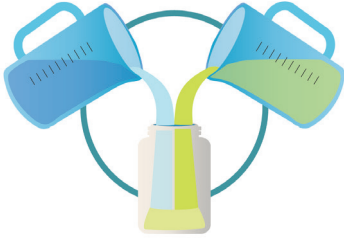
Tip: Most open powdered formula containers must be used within one month. To help you remember when a container was opened, write the date on the outside of the lid.

Remember: When using powdered or concentrated liquid formula, always use water from a safe source to mix with formula. Contact your local health department if you are not sure if your tap water is safe to use.

Important: Use the amount of water listed on the instructions of the infant formula container. Always measure the water first and then add the powder.

- Too much water may not meet the nutritional needs of your baby.
- Too little water may cause your baby's kidneys and digestive system to work too hard, and may cause your baby to become dehydrated.

How to prepare concentrated formula



1. Shake the container well before opening.
2. Use clean water from a safe source.
3. Use a measuring cup to pour equal amounts of water and formula into a bottle or cup.
4. For example, to make a 4 -ounce bottle, add 2 ounces of formula and 2 ounces of water. Do not use the formula container for measuring.
5. Shake the bottle well to mix the formula.

Safety and Storage Tips for Formula

Remember . . .

- Always wash your hands well with soap and water for 20 seconds before making formula and handling bottle parts.
- If you open a container of concentrated formula and don't use it all, cover the container. Put it in the refrigerator and use within 2 days. Use an opened container of powdered formula within 4 weeks.
- If your baby prefers a warm bottle of breastmilk or formula, place the filled bottle in a bowl of warm water and let it stand for a few minutes — or warm the bottle under running water. Test the temperature by putting a couple of drops on the back of your hand. The formula should feel lukewarm —not hot. Do not heat bottles in the microwave, it will cause uneven heating and could burn your baby's mouth.
- **Use prepared infant formula within 1 hour from start of feeding and within 2 hours of preparation.**
- If you are not going to use the prepared formula within 2 hours, immediately store it in the refrigerator. Use formula stored in the refrigerator within 24 hours.
- Throw away any formula left in the bottle after your baby is finished. Unfinished formula can grow germs, even if kept in the refrigerator. Using it again could make your baby sick.
- If you take formula bottles with you, use a small cooler or insulated bag with an ice pack to keep the formula cold.

Do not give your baby homemade infant formula or replace breastmilk or formula with any animal milk (cow's or goat's milk) or milk alternatives (such as almond or soy beverage). Homemade formula will not contain the correct amount of nutrients and may be harmful to your baby.



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