

Safely Preparing, Handling and Storing Your Baby's Formula

Proper preparation of your baby's formula is very important. Please remember to read and carefully follow the instructions on the infant formula label. Below are important steps to remember when feeding your baby.

- Always wash your hands and prepare formula on a clean surface. Everything you need to prepare the baby's bottle should be within reach.
- Remember to read the instructions on the container. It's very important to follow the directions exactly. If you don't, your baby may not be getting the right amount of nutrients to grow and develop normally.
- For ready-to-feed and concentrated liquid formulas, be sure to shake the container thoroughly before pouring. Water should not be added to ready-to-feed formulas. For concentrated liquid and powder formulas, carefully measure the water as directed on the label.
- Be sure to ask your pediatrician if you should boil and cool the water that you mix with the formula. Depending on where you live and the quality of your water supply, boiling the water may help to keep your baby safe and healthy.
- Always clean the bottle and nipple. You can use the dishwasher, a pan of boiling water, a counter sterilizer, or wash and rinse them by hand with hot soapy water.
- When warming your baby's formula, do not put it in the microwave. This not only damages the bottle nipple, but also can create uneven heating of the formula, leading to scalding hot areas which can burn a baby's mouth.
- To correctly warm pumped breast milk or formula, put the bottle in a container of hot water or a bottle warmer, then shake it and test a few drops on the inside of your wrist.
- Formulas that have been prepared or reconstituted (i.e., concentrated liquid or powder) should be fed immediately, but can be stored for specific periods of time under proper conditions. Please refer to the product's instruction panel for information on proper storage of prepared formulas.
- Discard any remaining formula in the bottle that has not been consumed after one hour. Bacteria (germs) normally present in the baby's saliva will grow quickly in the nutrient-rich formula.
- Remember, if you have questions about how to prepare your baby's formula, call your pediatrician or the manufacturer. The formula's label provides a telephone number for the manufacturer.

Do's:

- Always wash your hands.
- Read and follow the preparation instructions on the formula label.
- Use opened or prepared formula within the timeframes outlined on the container.
- Ask questions. Your pediatrician and formula manufacturer are there to help answer any questions that you may have.
- Purchase formula from reputable retailers.

Don't's:

- Never heat your baby's bottle in the microwave.
- Don't prepare formula using a blender.
- Don't use expired formula. Remember to check the container for the expiration date.

