

How to prepare powdered infant formula

For healthy-term infants

1



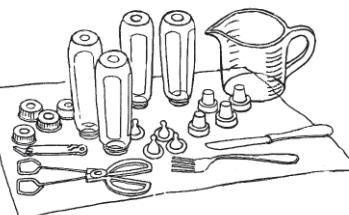
Wash hands and counter with soap and water.

2



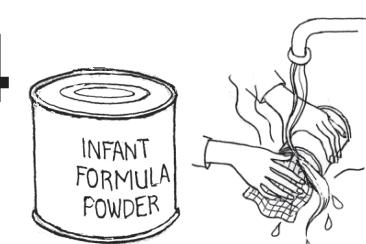
Run cold water for at least 2 minutes (use approved filter if you have lead pipes). Boil water for 2 minutes. Let it cool and use within 30 minutes.

3



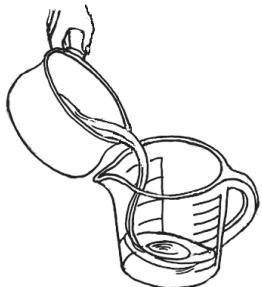
Have sterilized equipment ready on a clean paper towel (see *How to sterilize equipment*).

4



Read the label. It will tell you how much powder and water to use. Wash top of can with warm water.

5



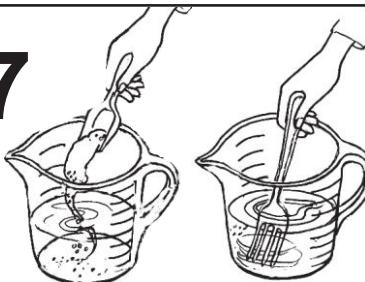
Pour boiled water into empty glass measuring cup.

6



Fill scoop from can with powder. Level with a knife.

7



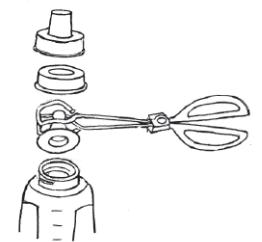
Add the required number of scoops of powder to the boiled water. Mix until no lumps of powder are left.

8



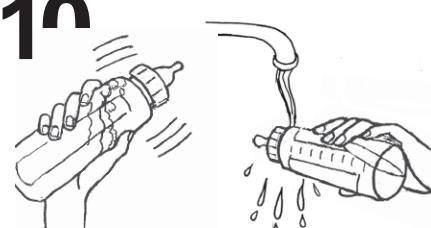
Pour amount of infant formula for one feeding into each bottle (use glass if possible).

9



Pick up nipples, rims and caps with sterile tongs and put on bottles. Then tighten with your hands.

10



Shake bottle well. Cool bottle under cold running water.

11



Put bottles in refrigerator. Use within 24 hours.

12



Cover can with plastic lid. Store in a cool, dry place. Use within 1 month.

Tips for feeding infant formula

Infant formula comes in 3 forms

- Powder
- Liquid concentrate
- Ready-to-feed

Instructions are different for each kind of infant formula. Be sure to read the directions on the label.

Give your baby iron fortified infant formula.

Check the cans of infant formula

- Check “expiry” date on each can. Do not use after this expiry date.
- Make sure the cans are clean and have no dents.

Tips for preparing infant formula

- Use glass bottles if possible.
- Wash your hands with soap and water.
- Wash the top of the can.
- Make sure the counter top is clean and dry, and all of your equipment has been sterilized.
- Read the directions on the label and measure carefully. It could harm your baby if you add too little or too much water.

- Use a glass measuring cup for accuracy and safety.
- Make just enough infant formula to last 1 day.

Tips for mixing infant formula

- Run cold water for at least 2 minutes. Use approved filter to remove lead if you have lead pipes.
- Until your baby is 4 months old, boil the water used for mixing infant formula, for at least 2 minutes.
- To prepare powdered infant formula always use boiled water.
- You can use an electric kettle to boil water.
- Use water within 30 minutes after boiling to prepare infant formula.
- Do not use carbonated, distilled or mineral water to mix infant formula.

Storage

- If more than one bottle is prepared, they should be cooled and placed in refrigerator.
- Use prepared bottles within 24 hours.
- Cover open can of powdered infant formula with a plastic lid. Store in a cool, dry place. Use within 1 month.
- Tightly cover open cans of ready-to-feed or liquid concentrate and put in

the refrigerator. Use it within 48 hours after opening.

- Do not freeze any kind of infant formula. Freezing changes the fat in infant formula.

How to warm infant formula

- Put the bottle of infant formula in warm water for up to 15 minutes, or hold it under warm running tap water.
- Shake bottle to heat evenly.
- Check the temperature by putting a few drops on your wrist.
- Do not heat bottles in the microwave or on the stove.

Watch for early feeding cues

- Your baby makes sucking or soft sounds.
- Your baby puts her hands in her mouth.
- Your baby is making more body movements.
- Your baby makes sucking or licking movements with her mouth.

Do not put your baby to bed with a bottle.

Changing infant formula

- Talk to your baby's health care provider first.

Signs your baby is finished or full

- Your baby looks sleepy and calm.
- Your baby lets go of the nipple.
- Your baby closes his mouth.
- Your baby turns away from the bottle.
- Your baby does not look for more milk.
- Your baby may still have small sucking movements. This is a reflex and does not mean your baby is hungry.

If you see signs your baby is full, stop feeding. Throw away what your baby does not drink within one hour.

Going away from home

- Prepare infant formula, cool and place in refrigerator.
- Transport in cooler bag with ice packs.
- Use infant formula within 2 hours or place in refrigerator.
- If you are unsure about the safety of the water where you will be visiting, ask your health care provider.