

Safe Infant Formula Preparation & Use

	POWDER	CONCENTRATE	READY-FEED
<p>Boiling water</p> <p>If you choose to boil water:</p> <ul style="list-style-type: none"> ... Bring water to rolling boil ... Let water cool to room temperature ... Test temperature of water on wrist; is it too hot or cold? 	●	●	—
<p>Mixing</p> <ul style="list-style-type: none"> ... Wash hands thoroughly ... Add specific amount of water (refer to label) ... Add specific amount of powder or concentrate (refer to label) ... Return dry scoop to can (for powder) ... Put the cap on bottle and shake well 	●	●	—
<p>Heating</p> <p>Formula does not need to be heated before it is fed. If you choose to heat, warm the bottle with hot running or boiled water. Do not use a microwave to heat formula.</p>	●	●	●
<p>Storing</p> <p> Powder: Store covered powder formula containers in a cool, dry place, not the refrigerator. Use contents within one month.</p> <p> Concentrate: Store opened containers of concentrated liquid formula in the refrigerator for up to 48 hours. Do not leave prepared formula at room temperature and do not freeze.</p> <p> Ready-to-Feed: If baby does not drink directly from a nipple-ready bottle, you can store unopened container of ready-to-feed in the refrigerator for up to 48 hours.</p>			
<p>Do not reuse leftover formula</p> <p>If your baby does not finish a bottle of formula within one hour, toss the leftover amount. Do not save it for later.</p>	●	●	●



Safety tips

Follow these safety tips if you are feeding your baby infant formula.

WASH YOUR HANDS

It is very important to wash your hands thoroughly, and often, anytime you are handling your baby's bottle or utensils for the bottle or formula.

FORMULA TEMPERATURE

Always check to make sure the formula is not too hot. Shake a few drops out onto the inside of your wrist. If it feels too hot to you, it's too hot for the baby and could cause a burn. It is not necessary to heat breast milk or formula—many doctors recommend room temperature.

THE MICROWAVE

Never use a microwave to prepare or warm formula. Instead, hold the bottle under warm running water from the sink or place the bottle in a bowl of warm water.

PREPARATION AND FEEDING INSTRUCTIONS

Follow all of the instructions carefully and use the exact measurements listed on the label.

FEEDING TIME

Never allow your baby to bottle feed without help. Don't prop the bottle because this may cause the baby to choke. Feeding your baby yourself also gives your baby much needed physical contact and closeness.

LEFTOVER FORMULA

Do not reuse any formula left in the bottle that your baby did not finish. Throw away any leftover formula. Don't put it back in the refrigerator as germs from the baby's mouth will mix with the leftover formula and could cause stomach aches or diarrhea.

COW'S MILK

Wait until after your baby's first birthday to feed him or her cow's milk. Your baby needs the nutrients in infant formula to grow and develop, which are not found in cow's milk.

HONEY

Do not give your baby any honey during the 1st year. Honey is very dangerous for babies and may cause them to become very sick.

Your doctor's advice

Call your doctor if you have questions about preparing, storing, or feeding your baby infant formula; changing to a different formula; or adding other foods to your baby's diet.

Your baby's bottle

Do not feed your baby any of the following from a bottle:

- ... Juice or soda
- ... Cereal or other food mixed with water, milk, or infant formula
- ... Cow's milk
- ... Tea

