

HOW TO BUY AND PREPARE POWDERED INFANT FORMULA



POWDERED INFANT FORMULA

- Check the expiry date on the can of formula and do not use past the expiration date.
- Choose an infant formula made for babies 0-12 months of age.
 - Step 2 formulas are for babies older than 6 months of age.
- Once a can of powdered infant formula is open, it is good for 1 month.

**Powdered infant formula is not sterile and not recommended for premature babies or those with a weakened immune system. Talk to your healthcare provider about safe options.*



CLEAN AND STERILIZE BOTTLES

- Wash hands and clean countertops with hot soapy water.
- Wash and rinse bottles, nipples, and tongs.
- To sterilize these items:
 - Fill a large pot with enough water to cover items and bring to a rolling boil for 2 minutes.
 - Remove items with tongs and place on clean towel to dry.



STERILIZE WATER FOR MIXING FORMULA

- Use the cold water tap to fill a pot and boil water. Keep water at a rolling boil for 2 minutes.
- Store sterilized water in a covered, sterilized container.
 - Sterilized water can be kept in the fridge for 2-3 days or on the counter for 24 hours.



MIX A BOTTLE

1. Follow the mixing instructions on the can. Measuring instructions can differ between formula brands.
2. Pour the correct amount of cool, sterilized water into a bottle.
3. Add the correct amount of powdered infant formula.
 - Don't over-fill or under-fill the scoop (level the scoop with a clean, sterilized knife.)
 - Always use the scoop found inside the can of formula to measure.
4. Seal the bottle, shake well and serve immediately.



FEED YOUR BABY

- Hold your baby and make feeding a special time.
- Watch for signs of hunger and fullness.
- Throw away any formula your baby does not finish after 1 hour of starting the bottle. (Mixed powdered formula spoils quickly).

Tip:

How to prepare a bottle outside the home:

- Pour pre-measured sterilized water into a bottle.
- Carry the water and powder separately.
- Add the correct amount of powder only when ready to feed.



YOU DO NOT NEED TO WARM A BOTTLE OF INFANT FORMULA BEFORE FEEDING

- If you decide to heat the formula, hold the bottle under warm running water or let it sit in a bowl of warm water.
- Test the temperature of the formula on your wrist before offering it to your baby. It should feel warm, not hot.
- Do not warm a bottle in the microwave.