

# How to make powdered infant formula for your baby

- Buy infant formula with iron.
- Check and use before expiry date.
- Once can is open, use it within one month.
- Only use scoop that is inside the can of formula.
- Wash bottles, nipples and all equipment in warm, soapy water, rinse and boil all bottles and nipples for **2 minutes**.

**NOTE:** Powder formula is not sterile. Check with your **doctor** to see if this is the best choice for your baby. It is not recommended for premature babies and/or infants less than 2.5 kg (5.5 pounds) at birth and under 2 months of age or immune compromised babies.

## Water for mixing formula:

\*Boil tap water for 2 minutes, make bottles right away or soon after boiling. Water at 70°C or hotter is best for mixing with powder formula to prevent bacteria from growing. After mixing formula, cool before feeding baby.

To make a  
**2 oz (60 ml)**  
bottle



Add 2 oz (60 ml) water first, then add:

1 level scoop powder

To make a  
**4 oz (120 ml)**  
bottle



Add 4 oz (120 ml) water first, then add:

2 level scoops powder

To make a  
**6 oz (180 ml)**  
bottle



Add 6 oz (180 ml) water first, then add:

3 level scoops powder

To make an  
**8 oz (240 ml)**  
bottle



Add 8 oz (240 ml) water first, then add:

4 level scoops powder

- Add nipple with clean hands, shake formula well, cool bottle in a bowl of cold water. Check temperature is not too hot for baby. Hold and feed baby.
- Use formula within one hour. Throw out any leftover formula baby does not drink.

TIP: You can make bottle as described, cool it, and place it in the fridge for use within 24 hours.

