

Guidelines for Infant Formula Preparation

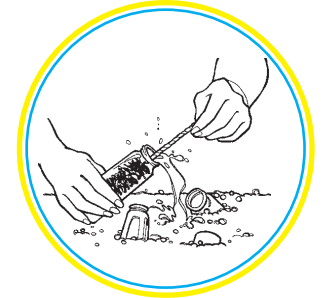
Cleaning Utensils and Sterilizing Water

If your baby is younger than 3 months old:

- Wash bottles, nipples, caps, rings and all utensils thoroughly with soap, water and brushes. Sterilize in boiling water for five minutes.
- Bring water for formula to a boil for two minutes and let the water cool before mixing formula.

If your baby is older than 3 months old:

- Wash bottles, nipples, caps, rings and all utensils thoroughly with soap, hot water and brushes. Bottles may also be cleaned in a dishwasher. If your doctor provided other washing instructions, you must follow the doctor's instructions.



Preparing Infant Formulas

- Wash your hands thoroughly with soap and hot water and dry with a clean towel before preparing formula.
- Before opening the formula container, make sure the expiration date has not passed. Clean the lid. Shake the container well if it is liquid formula.
- Use only the scoop that comes with your formula.
- It is very important to follow the instructions!
 - Follow the instructions on the formula container OR
 - If your doctor provided special mixing instructions (e.g., type of water to use), you must follow those orders.
- If formula is prepared with too much or too little water OR formula, your baby may develop serious health problems or may not grow well.
- Formula may be warmed by holding the bottle under warm, running water. Always test the formula before feeding by shaking a couple of drops on your inner wrist area of your hand. The formula should feel lukewarm (never hot).
WARNING: Do not use a microwave oven to warm the formula.



Storing Infant Formula

- Once prepared, infant formula can spoil quickly. Feed the baby immediately or cover the bottle and refrigerate at 35-40°F (2-4°C) for no longer than 24 hours for powdered formula, or 48 hours for concentrated liquid formula.
- Do not use prepared formula that has been at room temperature for more than one hour.
- Throw out any formula left in a bottle after a feeding. Germs can grow easily in the formula that is left in the bottle.
- Store powdered formula in a dry area at room temperature. Avoid excessive heat.
- Do not freeze any form of infant formulas.
- Tightly cover cans of powdered formula. Use within one month of opening.
- Use unopened formula by expiration date.



Please talk to your WIC nutritionist if you have questions about feeding formula to your baby.

Reference

Infant Nutrition and Feeding: A Guide for Use in WIC and CSF Programs www.nal.usda.gov/wicworks

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