

Safe Preparation of Infant Formula



Formula Types

Powdered: Mix with clean water following label instructions.

Liquid Concentrate: Mix with an equal amount of clean water.

Ready-to-Feed: Do not add water.

How to Mix Powdered Formula

1. Clean countertops and wash your hands.
2. Measure and add clean water.
3. Measure and add formula powder.
4. Shake the capped bottle to mix.
5. Test the temperature.



Ways to Warm a Baby Bottle

- ✓ Run a capped bottle under warm water.
- ✓ Use a bottle warmer.
- ✓ Place a capped bottle in a mug of warm water.
- ✗ Never use a microwave to heat a bottle: This can create hot spots and lead to burns.

Remember: Your baby can drink formula cold, but may prefer it warmed—every baby has their own preferences.

How to Check Formula Temperature

- Invert the bottle to fill the nipple.
- Shake or tap a few drops onto the inside of your wrist.
- Liquid should feel warm, not hot.

Have more questions on formula feeding?
Talk to your child's doctor.

How Long to Keep a Bottle of Prepared Formula

- 🕒 **On the countertop:**
Use within 2 hours.
- 🕒 **In the fridge:**
Use within 24 hours.
- 🕒 **Once your baby starts feeding:**
Use within 1 hour.
- ✗ Discard any leftover formula after feeding.