

Preparing Bottles of Formula

- Before opening a can of formula, clean the formula container lid and can opener with soap and water and rinse well. This will minimize the possibility of contamination.
- Unopened containers of powdered formula should not be washed as this might inadvertently introduce moisture into the powder.
- Never add new formula to a half-filled bottle of formula.
- To prepare powdered formula, pour the desired amount of water in a clean baby bottle. Using scoop provided, measure dry formula into baby bottle.
- Attach nipple and ring to the bottle and **SHAKE WELL**.
- Feed prepared formula immediately or store it, covered in the refrigerator for up to 24 hours. Label the can of formula with the date and time of opening so you will know it is used within 24 hours.
- If more than one bottle is prepared, put a clean nipple right side up on each bottle and cover with a nipple cap. Label each bottle with the date and time that it was prepared.
- Do not leave formula at room temperature. Never use formula that is past the expiration date on the package.
- For infants who prefer a warmed bottle, warm the bottle immediately before serving by holding the bottle under running warm tap water or by placing the bottle in a bowl of warm water for not more than 15 minutes.
- Shake the bottle before testing the temperature. Sprinkle some formula on the inside of your wrist to make sure it is comfortably warm (body temperature), but not too hot.
- Never use a microwave oven to warm infant formula.
- Throw out any formula or breast milk that is leftover in the bottle after the feeding.
- Infant formula that is removed from refrigeration must be used within 2 hours or discarded.



Storing Prepared Formula

- Opened cans of concentrated or ready-to-feed liquid infant formula must be covered, refrigerated, and used within 48 hours.
- Freezing infant formula is not recommended.
- Powdered infant formula must be tightly covered and stored in a cool, dry place and used within 1 month.