Preparing Ready-to-Feed OR Liquid Concentrate Infant Formula

Before You Begin

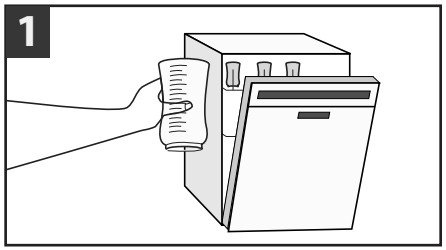
- Look at the date on the can. It will say "Best if used by" or "Best by." Do not use formula after this date.
- Store unopened cans at room temperature.
- Wash your hands with soap and warm water.
- Clean your work surface.
- Wash the top of the can.
- Shake the can well.
- Ask your doctor or staff at your birthing hospital if you need to boil your tap water before mixing formula. Ask about using bottled water.

After You Finish

Storing opened cans of ready-to-feed or liquid concentrate formula:

- Make sure the lids are put on tightly.
- Refrigerate unused formula in the original container and use within 48 hours.

1

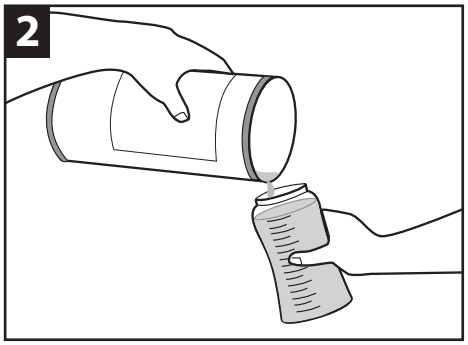


Clean bottles

Wash all bottles and bottle parts in the dishwasher using a full cycle, **OR** follow these steps:

1. Wash in hot, soapy water. Rinse thoroughly.
2. Put washed bottle and bottle parts in a pot and cover with water. Bring to a boil and boil for 5 minutes.
3. Remove pot from heat. Take bottles and parts out. Place on a clean surface to air dry.

2

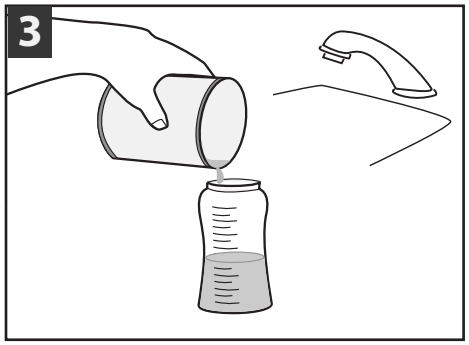


Ready-to-feed formula

- Shake the can before opening.
- Pour the formula into a clean bottle.
- Do not add water.

OR

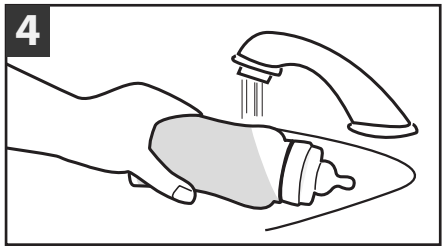
3



Liquid concentrate formula

- Shake the can before opening.
- Mix liquid concentrate formula with an equal amount of water:
  - Use the ounce markings on the bottle. For example, measure 4 ounces of formula into a clean bottle and add 4 ounces of cold tap water.
- Shake the bottle well.

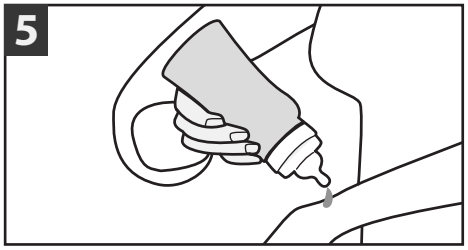
4



You don't have to warm the formula

- If you choose to warm the formula:
  - Hold the bottle of formula under warm running water or place it in a bowl of warm (not boiling) water.
    Don't microwave it.
    This can cause uneven heating and possibly burn your baby's mouth.

5



Always test the bottle before feeding

- Sprinkle a few drops of formula on the inside of your wrist. It should not feel hot.
- Feed your baby right after mixing.
- After a feeding, always throw out any formula left in the bottle. Bacteria from your baby's mouth gets mixed with the formula during feeding.
- Wash bottles and nipples right after use.

6

Refrigerate formula bottles

- Mix just enough for one feeding or, at most, just enough for 48 hours.
- Cover each bottle with a nipple cap. Refrigerate it until ready to use.
- Don't leave prepared formula at room temperature. Don't freeze it.

Developed by Washington State WIC Program

This institution is an equal opportunity provider.

May 2016