

# Preparing Ready-to-Feed OR Liquid Concentrate Infant Formula

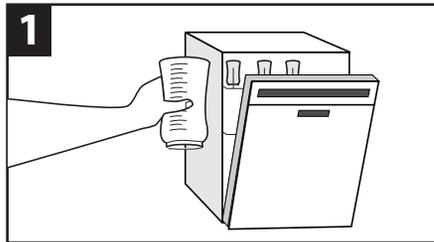
## Before You Begin

- 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:

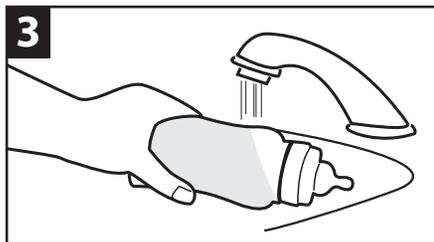
- Make sure the lids are put on tightly.
- Refrigerate unused formula in the original container and use within 48 hours.



### Clean bottles

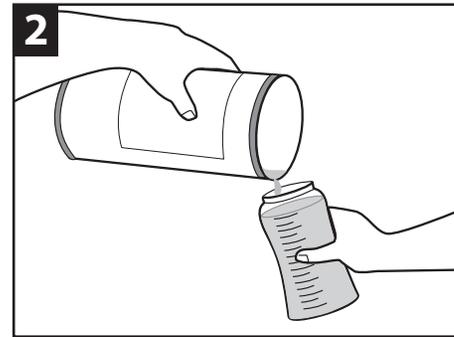
Wash all bottles and bottle parts in the dishwasher using a full cycle, **OR** follow these steps:

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.



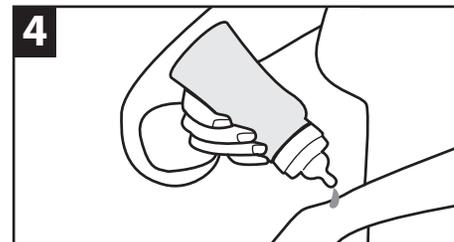
### You don't have to warm the formula

- 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.



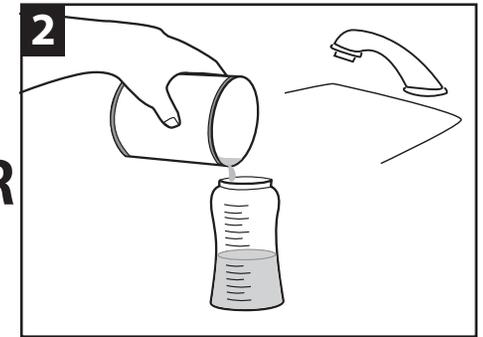
### Ready-to-feed formula

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



### 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.



### 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.



### 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.

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