# Safe Preparation of Infant Formula from Powder

## You will need:
- bottles and nipples
- dish soap
- knife for measuring powder
- large pot (to fit bottles, nipples, and knife)
- powdered infant formula
- tongs

## Steps

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<th>Steps</th>
<th>Instructions</th>
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<tr>
<td>1. Wash your hands.</td>
<td>Wash your hands with soap and water for at least 15 seconds.</td>
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<tr>
<td>2. Wash bottles, nipples, and knife.</td>
<td>Make sure all work surfaces are clean. Clean the feeding equipment with warm soapy water and then rinse with clean water.</td>
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<tr>
<td>3. Sterilize bottles, nipples, and knife.</td>
<td>Put all the items in a large pot. Cover them with cold tap water. Put the lid on the pot. Bring to a boil and boil continuously for 2 minutes. Take out the sterilized items with tongs (that have already been sterilized). Place them on a clean towel to air dry and cool.</td>
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<td>4. Sterilize the water.</td>
<td>Fill the large pot with cold tap water. Bring water to a boil. Let boil continuously for 2 minutes. Remove pot from heat. Let cool. Pour boiled water into a sterilized container. Seal lid. Place container in fridge. Boiled water can be stored in the fridge for 2–3 days at (4°C or 40°F) or for 24 hours at room temperature.</td>
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5. Open the powdered infant formula.  

![Powdered Infant Formula Can](image)

Wash the top of the new powdered infant formula can with hot soapy water. Rinse with clean water. Open the can by pulling the foil tab. After use, put lid on can. Store in a cool dry place. Use within 1 month of opening.

6. Make the formula.  

![Make the Formula](image)

Follow the recipe for your baby. Measure the exact amount of cooled sterile water into the bottle. Fill the scoop from the can with powdered infant formula and level it with a sterile knife. Add the right number of scoops of powdered infant formula to the bottle. Screw lid on bottle. Shake well.

7. Warm the formula and feed your baby.  

![Warm the Formula](image)

If heating the bottle to feed your baby, put it in a bowl of warm water for no longer than 15 minutes, until it reaches a warm temperature. Shake the bottle gently to mix. Test the formula on your wrist to make sure it’s just warm, not hot. Never use a microwave to heat the formula. Feed your baby.

8. Throw away extra formula.  

![Throw Away Extra Formula](image)

Throw away any formula left in the bottle after 2 hours.

**Note:** Sterilize equipment and water until your baby is at least 4 months old. After that, use cold tap water to make the formula. Make sure the equipment is cleaned well with warm soapy water and rinsed with clean water.

**Special Instructions:**

Dietitian: ___________________________  Phone: ___________________________