

## Safe preparation of infant formula from liquid concentrate

### Sanitize feeding equipment

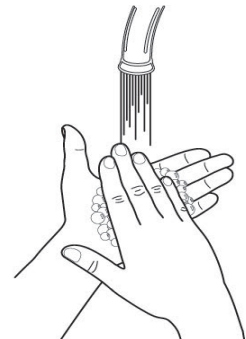
Sanitize equipment until your baby is 4 months old. After that, make sure the equipment is cleaned well with hot soapy water and rinsed with clean water that is safe to drink.

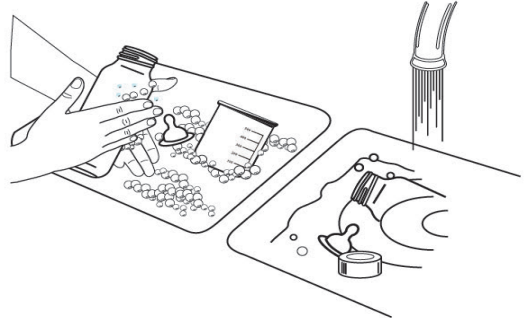
Sanitize feeding equipment before use. Feeding equipment is not fully sanitized until it has been boiled or cleaned in a dishwasher with the sanitize cycle.

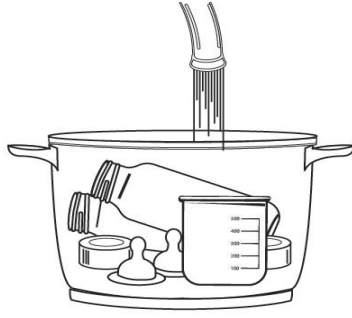
You will need bottles and nipples, can opener, dishsoap, liquid measuring cup, large pot (to fit bottles, nipples, can opener, and liquid measuring cup), liquid infant formula concentrate, and sanitized tongs.

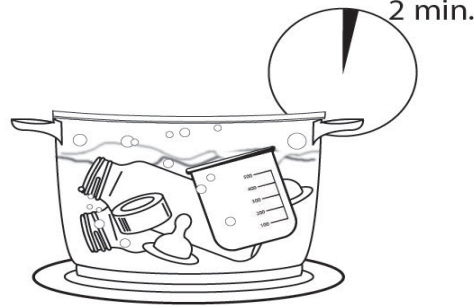
If you don't use the sanitized bottles right away, wait until they are completely dry and then fully assemble them so the inside stays clean. Store all feeding equipment in a clean, protected area.

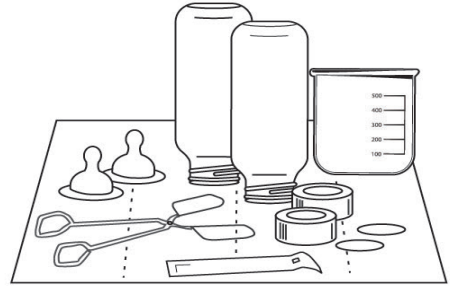
### Sanitize by boiling

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**1** Wash your hands with soap and water for at least 20 seconds.
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**2** Clean the feeding equipment and working area with hot soapy water. Then rinse in clean water that is safe to drink.
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**3** Put all the feeding equipment in a large pot. Cover the items with cold tap water.
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**4** Bring to a continuous rolling boil, in an uncovered pot, for **2 minutes**.
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**5** Remove the feeding equipment with tongs that have been sanitized. Put the items on a clean towel or paper towel to air dry.

### Sanitize by dishwasher or commercial home sanitizer

You can use an electric or microwave steam commercial home sanitizer. A dishwasher on the sanitize cycle can be used to clean the feeding equipment if:

- There's a National Sanitation Foundation (NSF) symbol on your dishwasher. You can also check online to see if the dishwasher is NSF 184 certified.
- The dishwasher has a sanitize feature.

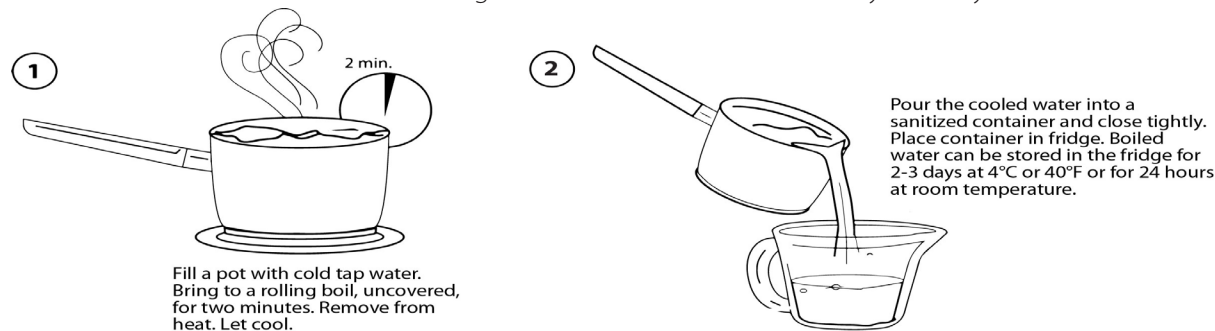
## Safe preparation of infant formula from liquid concentrate

### Boil the water

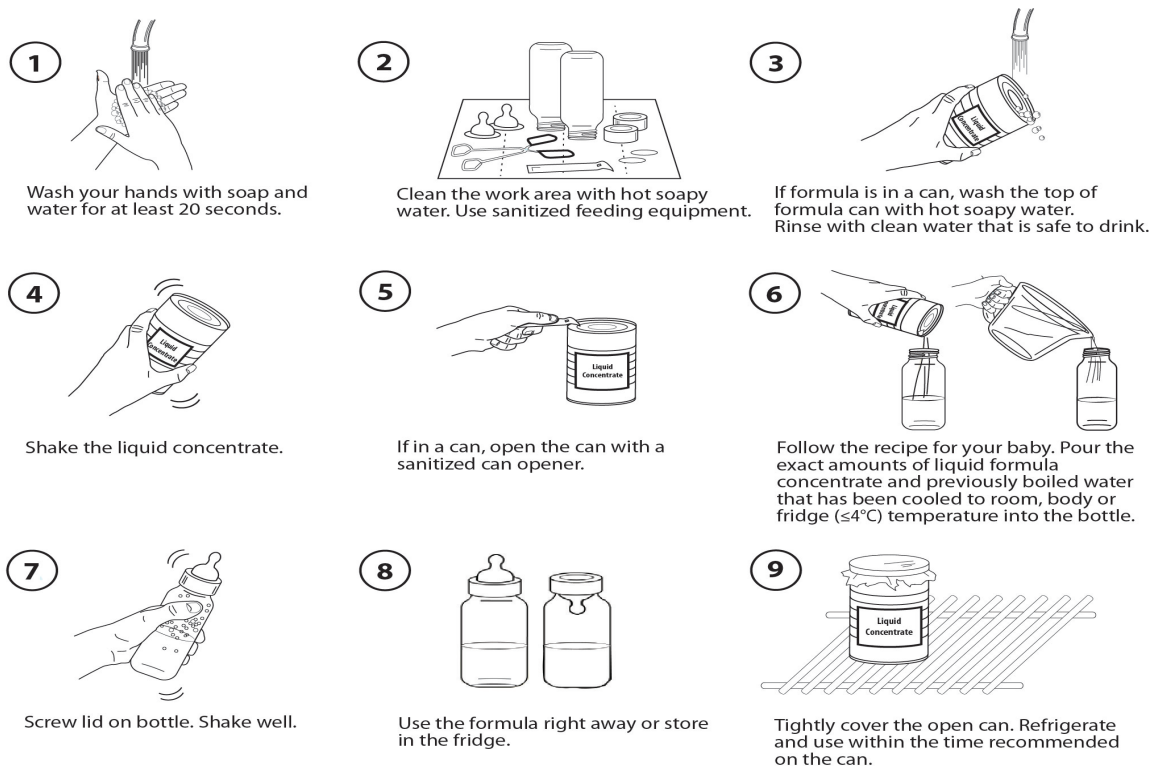
All water used to prepare infant formula for babies under 4 months old needs to be boiled to make it safe.

Prepare the formula using the steps below. Use infant formula within 2 hours of preparation. If you do not plan to use the formula immediately after preparation, store the bottle in the fridge and use within 24 hours.

Throw away any leftover formula from the feed—don't re-heat or re-refrigerate used formula. After 2 hours, your baby's saliva in the leftover formula can create growth of bacteria that can make your baby sick.



### Prepare the formula



Optional: Warm the formula. Never use a microwave to heat formula. If heating the bottle to feed your baby, put it in a bowl of warm water until it reaches a warm temperature, for no longer than 15 minutes. Do not cover the lid/nipple with water when warming as this can lead to contamination of the formula. Gently shake or swirl formula to mix. Test the formula on your wrist to make sure it's just warm, not hot.