





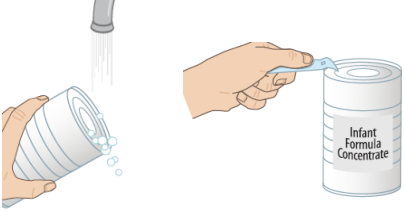
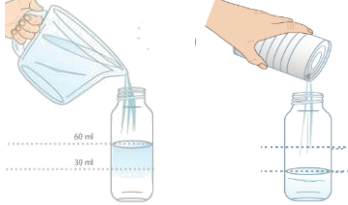


# Safe Preparation of Infant Formula from Liquid Concentrate

## You will need:

- bottles and nipples
- can opener
- dish soap
- large pot (to fit bottles, nipples, can opener, and liquid measuring cup)
- liquid infant formula concentrate
- liquid measuring cup
- tongs



Steps	Instructions
<p>1. Wash your hands.</p> 	<p>Wash your hands with soap and water for at least 15 seconds.</p>
<p>2. Wash bottles, nipples, can opener, and liquid measuring cup.</p> 	<p>Make sure all work surfaces are clean. Clean the feeding equipment with warm soapy water and then rinse with clean water.</p>
<p>3. Sterilize bottles, nipples, can opener, and liquid measuring cup. <b>2 minutes</b></p> 	<p>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.</p>
<p>4. Sterilize the water. <b>2 minutes</b></p> 	<p>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.</p>

<p>5. Open the liquid infant formula concentrate.</p> 	<p>Wash the top of the can with hot soapy water. Rinse with clean water. Shake the can. Open the can with the sterilized can opener or by pulling the foil tab on the tetra pak.</p> <p>Opened, unmixed liquid formula concentrate can be kept covered in the fridge for up to 48 hours.</p>
<p>6. Make the formula.</p> 	<p>Follow the recipe for <b>your baby</b>. Pour the exact amounts of liquid formula concentrate and cooled sterile water into the bottle. Screw lid on bottle. Shake well.</p> <p>To make larger amounts, mix water and liquid formula concentrate in the large measuring cup or container.</p> <p>Prepared formula can be kept covered in the fridge for up to 24 hours.</p>
<p>7. Warm the formula and feed your baby.</p> 	<p>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.</p> <p>Test the formula on your wrist to make sure it's just warm, not hot. <b>Never</b> use a microwave to heat formula.</p> <p>Feed your baby.</p>
<p>8. Throw away extra formula.</p> 	<p><b>Throw away any formula left in the bottle after 2 hours.</b></p>

**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:** \_\_\_\_\_