

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	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, and knife.</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, and knife. 2 minutes</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. 2 minutes</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 powdered infant formula.</p> 	<p>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.</p> <p>After use, put lid on can. Store in a cool dry place. Use within 1 month of opening.</p>
<p>6. Make the formula.</p> 	<p>Follow the recipe for your baby. Measure the exact amount of cooled sterile water into the bottle.</p> <p>Fill the scoop from the can with powdered infant formula and level it with a sterile knife.</p> <p>Add the right number of scoops of powdered infant formula to the bottle. Screw lid on bottle. Shake well.</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. Never use a microwave to heat the formula.</p> <p>Feed your baby.</p>
<p>8. Throw away extra formula.</p> 	<p>Throw away any formula left in the bottle after 2 hours.</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:** _____