

# HOW TO MIX FORMULA FOR YOUR BABY

FOLLOW THESE DIRECTIONS TO SAFELY MIX FORMULA FOR YOUR BABY:

## BE SAFE

Warm formula by placing the bottle in a container of warm water—**never use the microwave** as this could burn baby.

Throw out any prepared formula that has been out of the refrigerator for longer than one hour.

## ASK

**Ask your doctor or WIC about the right water to use.** Bottled water and tap water are safe but not sterile. WIC recommends boiling tap and all bottled water until baby is 4 months old.

**Ask your doctor or WIC for the right recipe.** Most babies need the recipe listed on the can.

**Ask WIC about how to mix formula.** WIC can give you tips to keep baby safe.

## KEEP IT CLEAN

**Wash your hands and the work area** with soap and warm water before making a bottle.

**Kill germs** by boiling water and bottle parts before using until baby is 4 months old.

**Run cold tap water 30 seconds** before using to make formula and to boil bottles and parts.

Always use a clean bottle, nipple, ring, and mixing container.

Throw out formula left in the bottle after each feeding.

### BOIL WATER UNTIL BABY IS 4 MONTHS OLD

1. Fill a clean pot or kettle with cold tap water.
2. Cover pot or close kettle.
3. Heat to a boil. Remove from heat.
4. Cool water to lukewarm before using to make formula.
5. Store boiled water in a clean container with a lid in the refrigerator.

### BOIL BOTTLES AND PARTS UNTIL BABY IS 4 MONTHS OLD

1. Use hot, soapy water to clean bottles, nipples, rings, and caps.
2. Put clean bottles, nipples, rings, and caps in a large, clean pot.
3. Fill the pot with cold tap water.
4. Cover pot. Heat to a boil. Boil gently for 5 minutes.
5. Remove pot from heat. Keep lid on. Let cool.
6. Remove bottle parts and allow to air dry.

# HOW TO MIX FORMULA...

1. Wash your hands with soap and warm water.
2. Run cold tap water for 30 seconds. (Boil water until baby is 4 months old.)
3. Measure out water in a clean measuring cup.

(Look on the can to know how much water to use.)

To make 2 ounces of formula:

Powder: Mix 2 ounces of water plus one scoop of powder

Concentrate: Mix 1 ounce of water plus 1 ounce of concentrate



## ...FROM POWDER

4. Clean the lid and foil seal before opening.



5. Remove foil seal and throw away.



6. Find the scoop in the can of powder.



7. Add measured water to a clean bottle or container.



8. Add unpacked, level scoops of powder to water. **Look on the can to know how many scoops to use.**



9. Shake to dissolve. Wait a few minutes until some bubbles have settled. Formula is now ready. Feed to baby or keep refrigerated for up to 24 hours.



- Keep **opened cans in a cool, dry place** and throw away opened cans after one month.
- Always use the scoop that comes in the can.
- **Throw away prepared formula after 24 hours.**

## ...FROM CONCENTRATE

4. Clean the lid or foil tab before opening.



5. Open can or remove foil tab.



6. Add measured water to a clean bottle or container.



7. Measure concentrate in measuring cup. **Look on the can to know how much concentrate to use.**



8. Add concentrate to bottle or container.



9. Shake to mix. Wait a few minutes until some bubbles have settled. Formula is now ready. Feed to baby or keep refrigerated for up to 48 hours.



- Keep unopened formula in a cool, dry place.
- Keep **opened formula covered and in the refrigerator** for up to 48 hours.
- **Throw away prepared formula after 48 hours.**