How to Prepare Infant Formula

1. Make sure the formula is not expired and the container is in good condition (no dents, puffy ends, or rust spots).

2. Clean the area used to mix and wash your hands.

3. Use a clean bottle and nipple.

4. Use clean water to mix formula.

5. Use the amount of water and formula listed on the instructions of the infant formula container.

6. Measure the water first and then add the infant formula powder.

7. Shake infant formula in the bottle to mix. Do not stir.

8. After feeding, clean the bottle and nipple.