

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.