

# HOW TO PREPARE AND STORE POWDERED INFANT FORMULA



## ARE YOU FEEDING YOUR BABY POWDERED INFANT FORMULA?

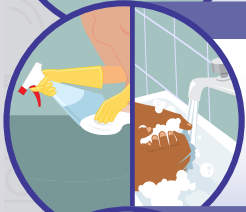
Follow these steps to prepare and store your infant formula safely and correctly

### STEP 1



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

### STEP 2



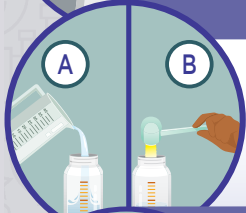
**Clean the countertops and wash your hands** with soap and warm water before preparing bottles. Use a clean bottle and nipple.

### STEP 3



**Use water from a safe source to mix with formula.** Tap water is usually safe, but contact your local health department if you are not sure.

### STEP 4



Use the exact amount of water and formula listed on the instructions of the infant formula container. **Always measure the water first and then add the infant formula powder.** **NEVER dilute formula** by adding extra water. This can make your baby sick.

### STEP 5



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

### STEP 6



**You do not need to warm infant formula before feeding.** If you decide to warm the formula, place the bottle under running warm water or into a bowl of warm water for a few minutes. Avoid getting water into the bottle or nipple. This could contaminate the prepared formula. Test the temperature of the formula before feeding it to your baby by putting a few drops on the inside of your wrist. **It should feel warm, not hot.** **Never warm infant formula in a microwave. Microwaving creates hot spots, which can burn your baby's mouth.**

### STEP 7



After feeding, be sure to **thoroughly clean the bottle and nipple before the next use.**

To learn about cleaning and sanitizing infant feeding items, visit <https://www.cdc.gov/hygiene/faq/>

To learn about infant formula feeding, visit <https://www.cdc.gov/infant-toddler-nutrition/formula-feeding/>

## USE QUICKLY OR STORE SAFELY



Use prepared infant formula within **1 hour from start of feeding** and **within 2 hours of preparation**.




If you are not going to use the prepared infant formula within 2 hours, immediately store the bottle in the refrigerator and use it **within 24 hours**.



**Throw out any infant formula that's left in the bottle** after feeding your baby. **Do not refrigerate it to save for later.** The combination of infant formula and your baby's saliva can cause bacteria to grow.

## TIPS FOR BOTTLE FEEDING



**Watch your baby for signs that he or she is full,** and then stop feeding, even if the bottle is not empty.

**Let your baby take breaks** from drinking when he or she seems to want them.

**Position the bottle at an angle** rather than straight up and down so the infant formula only comes out when your baby sucks.

## REMEMBER

- **Do not** use a bottle to feed your baby anything besides infant formula or breast milk.
- **Hold your baby close** when you feed him or her a bottle.
- **Always hold the bottle for your baby while feeding.** Propping the bottle in your baby's mouth can increase your baby's risk of choking, ear infections, and tooth decay.
- **Do not put your baby to bed with a bottle.** Infant formula can pool around the baby's teeth and this can cause tooth decay.
- **Do not force your baby to finish the bottle** if your baby is showing signs of fullness.

If your baby is younger than 2 months old, was born prematurely, or has a weakened immune system, you may want to take extra precautions when preparing infant formula.

Visit <https://www.cdc.gov/infant-toddler-nutrition/formula-feeding> to learn more.