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://go.usa.gov/xpg4F](https://go.usa.gov/xpg4F)

To learn about infant formula feeding, visit [https://www.cdc.gov/nutrition/InfantandToddlerNutrition/formula-feeding/index.html](https://www.cdc.gov/nutrition/InfantandToddlerNutrition/formula-feeding/index.html)
**USE QUICKLY OR STORE SAFELY**

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

2. **2 hr**
   - 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.

3. **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.
- **Position the bottle at an angle** rather than straight up and down so the infant formula only comes out when your baby sucks.
- **Let your baby take breaks** from drinking when he or she seems to want them.

**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 3 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/cronobacter/infection-and-infants.html](https://www.cdc.gov/cronobacter/infection-and-infants.html) to learn more.