Making Formula

Using powder formula can increase the risk of sickness in your infant. Always follow directions on formula package, unless otherwise instructed.

1. Clean Bottles
- Wash your hands and countertop with soap and water.
- Clean bottles, nipples, rings, and caps with hot, soapy water.

2. Prepare Water
- Sterilize all water, even store bought water.

3. Mix Formula
- Wash top of can and can opener. Check the expiration date and the condition of the container.
- Always put the sterilized water in the bottle first.
- Use the scoop that comes in the formula can to measure the formula.
- For every 2 ounces of sterilized water, add 1 level scoop of powdered formula.*
- Gently shake, rather than stir, formula in bottle.

* Check directions on formula can.
3. Mix Formula

- Clean carton top and shake well.
- Mix equal amounts of concentrated formula with sterilized water.
- Cover unused concentrated formula and refrigerate.

4. Fill Bottles

Put enough formula for one feeding in each bottle. Before feeding the baby, warm or chill the bottle to the proper temperature.

5. Store Formula

Always store mixed formula covered in the refrigerator. Use concentrated formula within 48 hours. Use powder formula within 24 hours.

6. Warming Formula

If your baby likes a warm bottle, hold bottle under warm running water.

Never use a microwave to warm your baby’s bottle. Microwave heating causes hot spots in the formula that can burn your baby.

Throw away any formula left in the bottle after each feeding.

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