HOW TO PREPARE AND STORE **POWDERED INFANT FORMULA**

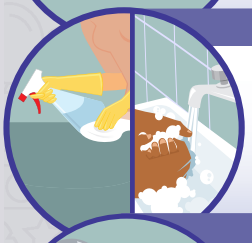
ARE YOU FEEDING YOUR BABY POWDERED INFANT FORMULA?

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

STEP 1

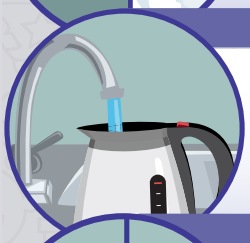
Make sure the formula is **not expired** and the container is **in good condition** (no dents, puffy ends, or rust spots).

STEP 2



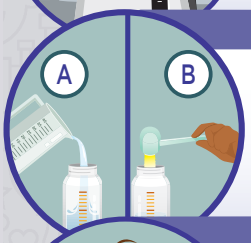
Clean the countertops and wash your hands with soap and warm water before preparing bottles. Use a clean bottle and nipple.

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://go.usa.gov/xpg4F

To learn about infant formula feeding, visit https://www.cdc.gov/nutrition/InfantandToddlerNutrition/formula-feeding/index.html

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

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/cronobacter/infection-and-infants.html to learn more.

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Centers for Disease Control and Prevention