

## Infant Formula Selection, Preparation and Storage

### HELPFUL HINTS

**Check the infant formula's expiration date on the can.** If the expiration date has passed, don't use the formula.

**Do not select cans that have dents, leaks, bulges, puffed ends, pinched tops or bottoms, or rust spots** as these may be unsafe.

**Store cans in a cool, indoor place** -- not in cars, garages or outdoors.

**Keep everything clean, clean, clean!** Wash your hands with soap and warm water. Rinse thoroughly with water. Wash the top of the can of formula with soap and water, rinse well, and dry. Wash the can opener with soap and hot water and dry before and after you use it.



**Wash bottles and nipples** (using bottle and nipple brushes), cap rings and preparation utensils in hot, soapy water. Then wash in a properly functioning dishwasher or sterilize in boiling water for five minutes. Bottles shaped like clowns or teddy bears are hard to keep clean, so use regular ones.

**Use safe water to mix your baby's formula.** Check with your doctor or health care provider, your local health department, or the formula label for recommendations regarding the type of water to use and how to prepare the formula. Use water from a source that is approved by the local health department.

- For infants less than 3 months of age, as a precaution, it is generally recommended to boil the water before using it for formula (boil water for 1-2 minutes and then let it cool before mixing).
- If tap water is used for boiling, run cold tap water for 2 minutes before using it for formula.
- If you use water from a well, make sure it has been tested for bacteria and nitrates.
- If you use bottled water, distilled bottled water may be the best choice.

**Mix formula carefully, following the directions on the label. Do not add more water to the formula than recommended.** Refrigerate any extra formula you have made.

**Throw out formula that is more than 24 hours old** (if made from powder), **or 48 hours old** (if made from concentrate or ready to feed).

**If formula has been left out of the refrigerator for more than one hour, throw it away.**

**Throw away formula left in the bottle after a feeding.** If used later it could make your baby sick.

**For those babies that prefer a warm bottle, warm it by running warm (not hot) tap water on it right before feeding. Do not use the microwave!** The milk can get very hot even if the outside of the bottle feels warm. Some babies have been badly burned.

**Sprinkle a little formula on the back of your hand to see how hot it is.** If it feels too hot, run the bottle under cold tap water, shake it and then check again.