

How To Make Formula

What you need:

Baby bottles
Nipples
Rims and discs
Nipple caps
1 bottle brush

Dish soap
1 can opener
Infant formula with iron
1-quart pitcher or jar, with lid
Pan with lid

Steps



1. Use bottle brush to scrub bottles, nipples, rims, discs, caps, can opener, pitcher/jar and lid with hot water and soap. Rinse well. After scrubbing, bottles may be washed in the dishwasher.



2. Put nipples, discs, rims and caps in pan. Fill the pan with water. Cover pan. Boil on stove for 5 minutes.



3. **Wash hands** with hot water and soap. Rinse. Put nipples on bottles. Cover nipples with discs or nipple caps to keep them clean. Store until ready to fill.

4. Check date on formula can. **Do not use if date has passed.**



5. **Wash hands** and top of can with hot water and soap. Rinse well. *Shake liquid formula well.* Read label and follow directions.



Liquid Concentrated Formula: For the first 3 months, boil water for formula in pan for 5 minutes. Remove from heat, let cool to room temperature. Pour formula into pitcher or jar. Fill empty formula can with boiled water. Add to formula and stir with a clean spoon.

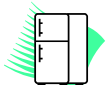


Powdered Formula: For the first 3 months, boil water for formula in pan for 5 minutes. Remove from heat, let cool to room temperature. To make formula, put boiled water in the bottle and add 1 level, unpacked scoop of powdered formula for every 2 ounces of water.

Ready-to-feed formula: Do not add water to ready to feed formula.



6. **Wash hands.** Make bottle just before feeding or make enough bottles to last 24 hours. Pour as much formula into bottles as the baby usually takes in one feeding.



2 Days

7. Cover any leftover formula in the pitcher or can with a lid, plastic wrap or aluminum foil. Put all formula in refrigerator right away. Use in 48 hours.

8. Warming up the bottle before feeding baby is ok but not needed. To warm: put bottle in a pan of hot water or hold bottle under hot running water.

CAUTION: Do not heat formula in a microwave oven. Shake the bottle after warming to get rid of hot spots. Put a few drops of formula on your wrist – it should not feel hot. Throw away the formula left in the bottle.

