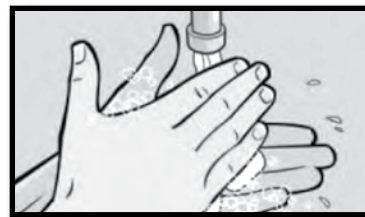


Preparing Formula For Your Baby

How to Prepare Liquid Concentrate Formula

- Wash your hands with soap and hot water.
- Wash top of formula can with soap and warm water, then rinse.
- Shake can well before opening.
- Pour formula into a clean container with a cover.
- Add 1 can of cooled, boiled or distilled water to the same container (use formula can to measure the water). **Bottled water must still be boiled.**
- Stir formula with clean spoon.
- Pour mixed formula into bottles or leave it in the covered container and store in refrigerator until you are ready to use. **Must use within 48 hours.**



How to Prepare Powdered Formula

- Wash your hands with soap and hot water.
- Wash the plastic lid and top of formula can with soap and warm water before removing.
- Put cooled, boiled or distilled water in bottle first. **Bottled water must still be boiled.**
- Measure the powder. Add to water. Place cap on bottle and shake well.
- Use the scoop that came in can. Fill the scoop but don't pack or heap it. **Do not measure half scoops.**



Safety & Storage Tips On Back Side

To Make A Single Powder Formula Bottle

- 2 ounces of water + 1 scoop of powder = 2 ounces of formula
- 4 ounces of water + 2 scoops of powder = 4 ounces of formula
- 6 ounces of water + 3 scoops of powder = 6 ounces of formula
- 8 ounces of water + 4 scoops of powder = 8 ounces of formula

***Ready To Feed Formula:** Use as is, do not add water.

Safety Tips

- Scrub mixing containers, bottles and nipples with soap, hot water, and bottle brush before using. Let air dry. Bottles may be cleaned in dishwasher after scrubbing.
- To sterilize nipples, discs, rims, and caps: Fill pan with water - cover. Boil on stove for 5 minutes, then let cool.
- **For baby's first three months:** Boil water for 2 minutes. Cool to room temperature before mixing with formula. Let the cold tap water run from the faucet for at least 1 minute before boiling.
- To warm a bottle: Put bottle in a pan of hot water or hold under running tap water. **DO NOT heat in microwave - hot spots can occur.** Shake the bottle after warming. Put a few drops of formula on your wrist to make sure it is not too hot.



Storage Tips

- Pour extra prepared formula into bottles or covered containers and store in the refrigerator immediately.
- Never store concentrate or ready to feed formula in its original can after opening.
- Use all stored and refrigerated formula within 48 hours.
- Throw away any formula that remains in a bottle after feeding.
- Check expiration (EXP) date on formula can. Do not use if date has passed.

**If your baby is on special formula, talk to your doctor or nutritionist about how to make it.*



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