

# Making Formula

Using powder formula can increase the risk of sickness in your infant.

## 1. Clean Bottles

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



Use a bottle brush to clean the bottles. Rinse well.



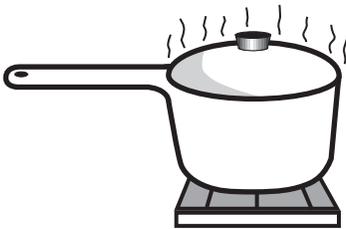
Squeeze water through nipple holes to be sure they are open.



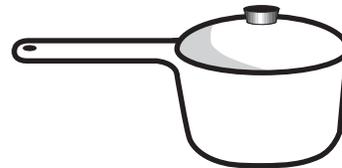
Cover bottles, nipples, rings, and caps in water. Boil for 5 minutes. Remove and air dry. Cover and store in a clean place until needed.

## 2. Prepare Water

- Sterilize all water, even store bought water.



Fill clean pot with **COLD** water. Cover and bring to a boil. Boil for **1 to 2 minutes**.



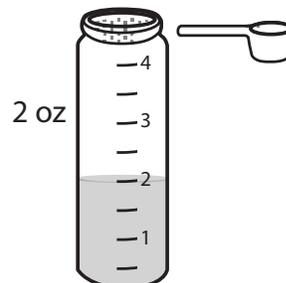
Remove from heat. Use within **10 to 15 minutes**. Water will still be hot.

## 3. Mix Formula

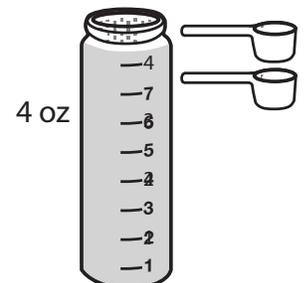
### Powder

- 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.



Add **1 level** scoop to 2 oz. water.

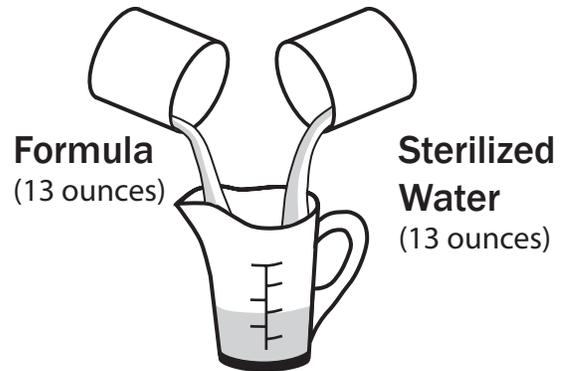


Add **2 level** scoops to 4 oz. water.

### 3. Mix Formula

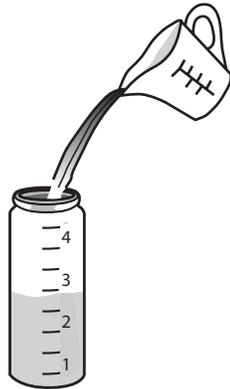
- Wash the pitcher with hot, soapy water.
- Rinse well.
- Wash top of can and can opener.
- Shake can and open.
- Mix 1 can (**13 ounces**) of **concentrated formula** with 1 can (**13 ounces**) of **sterilized water** to make 26 ounces of prepared formula.

### Concentrate



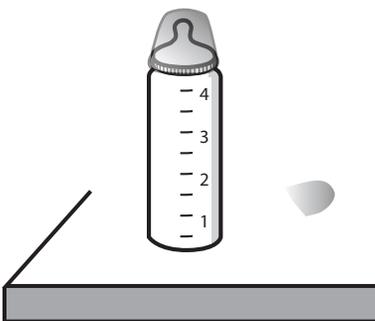
### 4. Fill Bottles

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

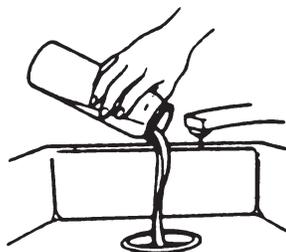


### 5. Store Formula

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



Mixed formula left out of the refrigerator for more than **1 hour** is not safe.



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

### 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.**



Department of Health

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