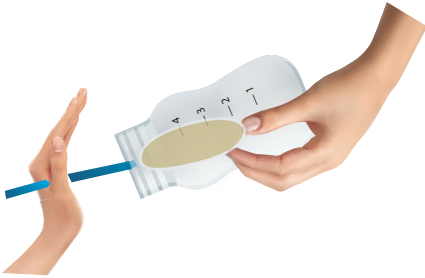


# Making Formula

Using powder formula can increase the risk of sickness in your infant. Always follow directions on formula package, unless otherwise instructed.

## 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. Allow water to cool to room temperature before mixing with formula.

## 3. Mix Formula

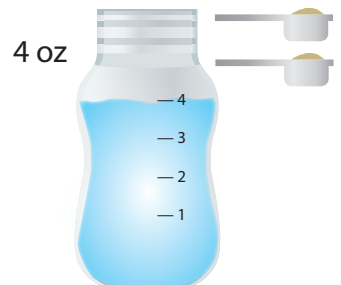
### Powder

- 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.

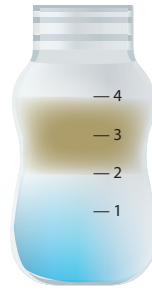


Add **2 level** scoops to 4 oz. water.

### 3. Mix Formula

### Concentrate

- Clean carton top and shake well.
- Mix equal amounts of concentrated formula with sterilized water.
- Cover unused concentrated formula and refrigerate.

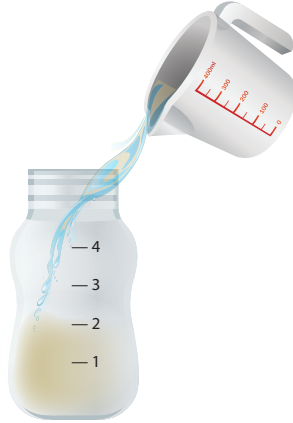


2 ounces Concentrated formula

2 ounces Sterilized Water

### 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.



### 6. Warming Formula

If your baby likes a warm bottle, hold bottle under warm running water.



### 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.**



**Never use a microwave to warm your baby's bottle. Microwave heating causes hot spots in the formula that can burn your baby.**



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