

Safety and Storage Tips for Formula

Remember...

- Always wash your hands before making formula.
- Be sure to follow the directions. Do not add extra water or formula. This way your baby gets the nutrition he needs. Do not add water to ready-to-feed formula.
- After making the formula, put it in clean bottles or in another clean covered container. Put in the fridge. Use within 24 hours.
- If you open a container of concentrated or ready-to-feed formula and don't use it all, cover the container. Put it in the fridge and use within 2 days. Use an opened container of powdered formula within 4 weeks.
- Do not heat bottles of formula in the microwave. The formula may heat unevenly. It could burn your baby's mouth. You can put a filled bottle in a pan of hot water and let it stand for a few minutes. Or, warm the bottle under running hot water. Shake the warmed bottle. Test the temperature of the formula by allowing a few drops to fall on your wrist. It should feel lukewarm and not hot.
- If you take formula bottles with you, use a small cooler or insulated bag with an ice pack to keep the formula cold.
- Throw away any leftover formula your baby leaves in the bottle after you feed him.



How to Make Formula for Your Baby



NC Department of Health and Human Services
Division of Public Health • Nutrition Services Branch
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Making Formula for Your Baby

Infant formula comes in three forms

- Powder
- Concentrated liquid
- Ready-to-feed



Before making formula, follow these steps:

1. Check the expiration or “use by” date on the container of formula. Do not use formula if it is out of date.
2. Wash your hands with warm, soapy water. Rinse well.
3. Clean new bottles, nipples, caps and rings in boiling water for five minutes. After you use them the first time, you can wash them with warm, soapy water and rinse well. You can also use a dishwasher to clean bottles. Put the bottles on the top rack. Put the small parts (nipples and caps) in the silverware basket.
4. Ask your baby’s doctor about the need to boil and then cool the water before mixing with formula.

Remember: If you use bottled water to mix your formula, ask your doctor if your infant needs fluoride drops. You can also buy bottled water with added fluoride. It might be called “nursery water”.

Note: If your baby is on a special formula, talk with your doctor or nutritionist about how to mix it.

How to make powdered formula

- Clean the plastic lid before opening. Write the date on the outside of the lid.
- Decide if you want to make 2, 4, 6, or 8 ounces of formula. Use the chart to the right to see how much water you need. Pour that amount into a clean bottle. Always add the water to the bottle first. Then add the powdered formula.
- Use the scoop that comes in the container. Fill the scoop with powdered formula. Don’t pack it or heap it.
- Add one flat scoop of powder for every 2 ounces of water. Shake well to mix.
- Put the formula bottles in the fridge. Use within 24 hours.

How to make concentrated formula

- Clean the top of the container. Shake the container well before opening.
- Use a measuring cup to pour equal amounts of water and formula into a clean pitcher. **Do not use the formula container for measuring.**
- Stir and pour the mixed formula into clean bottles for feeding.
- Put the formula bottles in the fridge. Use within 24 hours.

How to make ready-to-feed formula

- Clean the top of the container. Shake the container well before opening.
- Pour the formula into clean bottles for feeding. DO NOT add water.
- Put the formula bottles in the fridge. Use within 24 hours.



To Make	Measure Water	Add Powder (scoops)
2 ounce bottle	2 ounces	1
4 ounce bottle	4 ounces	2
6 ounce bottle	6 ounces	3
8 ounce bottle	8 ounces	4