

PREPARING READY-TO-FEED INFANT FORMULA

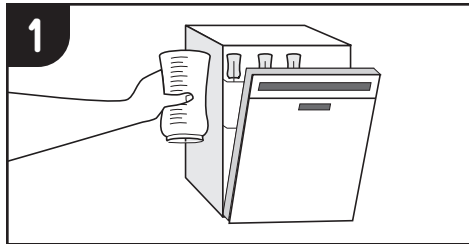
BEFORE YOU BEGIN

- Look at the date on the can. It will say “Best if used by” or “Best by.” Don’t use formula after this date.
- Store unopened cans at room temperature.
- Wash your hands for at least 20 seconds with water and soap.
- Clean your work surface.
- Wash the top of the can.
- Shake the can well.
- Ask your doctor if you need to boil clean utensils, feeding bottles, nipples or your tap water before mixing formula. Ask about using bottled water.

AFTER YOU FINISH

Storing opened cans of ready-to-feed formula:

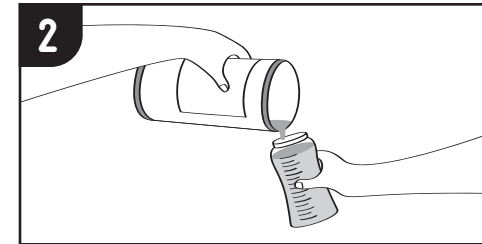
- Make sure the lids are put on tightly.
- Refrigerate unused formula in a container with a lid and use within 48 hours.



CLEAN BOTTLES

Wash all bottles and bottle parts in the dishwasher using a full cycle, **OR** follow these steps:

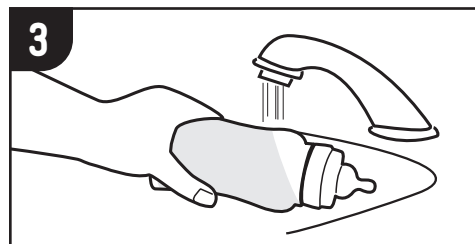
1. Wash in hot, soapy water. Rinse thoroughly.
2. Put washed bottle and bottle parts in a pot and cover with water. Bring to a boil and boil for five minutes.
3. Remove pot from heat. Take bottles and parts out. Place on a clean surface to air dry.



READY-TO-FEED FORMULA

- Shake the can before opening.
- Pour the formula into a clean bottle.
- Do not add water.

Adding water will dilute the formula, which means your baby will not get the right amount of calories and nutrients.



YOU DON'T HAVE TO WARM THE FORMULA

If you choose to warm the formula:

- Hold the bottle of formula under warm running water or place it in a bowl of warm (not boiling) water.
- **Don't microwave it.**
This can cause uneven heating and possibly burn your baby's mouth.



ALWAYS TEST THE BOTTLE BEFORE FEEDING

- Sprinkle a few drops of formula on the inside of your wrist. It should not feel hot.
- Feed your baby right after mixing.
- After a feeding, always throw out any formula left in the bottle. Bacteria from your baby's mouth gets mixed with the formula during feeding.



REFRIGERATE FORMULA BOTTLES

- Keep in mind an open container of ready-to-feed is to be used with in 48 hours.
- Cover each bottle with a nipple cap. Refrigerate it until ready to use.
- Don't leave prepared formula at room temperature. Don't freeze it.



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