

✦ For more information about family health services and programs, call the Family Health Information Line at 1-800-942-7434. Our staff speaks English and Spanish. We're ready to help.

Preparing Formula for Your Baby

This guide will give you safety tips for preparing and storing all types of formula.

What You Need to Know About Lead Poisoning and Your Baby

Anyone can get lead poisoning, but it is most dangerous for infants and children younger than six. Even a small amount of lead can harm your child.

Many older homes have lead in the paint and in the water pipes. Pipes made with lead can poison your tap water and harm your baby. Using the safety tips in this brochure to make formula correctly is one way to protect your children from lead poisoning. Remember, always **let the cold water run for at least one minute** from the faucet before you use it to make formula. Never use hot water from the faucet because it can have lead in it from the pipes, which could make your baby sick.

You can't see, taste, or smell lead in water. The only way to know if there is lead in your water is to get it tested. To find out how to get your water tested for lead, call the Family Health Information Line at 1-800-942-7434.





Infant formula comes in three forms—powder, concentrate, and ready to feed. All three types of formula taste the same and have the same important vitamins and minerals your baby needs. Powdered formula is the least expensive. It is also easy to use and to store.

Safety Tips for Preparing Powder and Concentrate Formula

Always follow these safety tips when you make powder or concentrate formula:

- » Wash your hands before making formula.
- » Use clean mixing containers, bottles, and nipples. Talk to your doctor about whether you should sterilize them before use.
- » Boil tap water or bottled water for 2 minutes before mixing it with formula.
- » Before you boil tap water to make formula, let the **cold** water run from the faucet for at least 1 minute.
- » Let the boiled water cool before mixing it with formula.
- » Store the scoops found in cans of powdered formula separate from the powder. Clean the scoop with hot water after each use.

If you use bottled water to make formula, talk to your baby's doctor about using fluoride supplements.

Storage Tips for All Types of Formula

Always follow these storage tips after any kind of formula is prepared:

- » When you prepare more than one serving of formula at a time, pour the extra formula into bottles or covered containers and store them in the refrigerator immediately. Never store concentrate or ready to feed formula in its original can after it has been opened.
- » Once you open a can of liquid concentrate or ready to feed formula, you must use it within 48 hours.
- » Throw away all prepared formula after 48 hours.
- » If your baby doesn't drink all the formula in a bottle during a feeding, throw the rest away.

How to Prepare Concentrated Formula

- » Rinse the top of the formula can.
- » Shake the can well before opening.
- » Pour the formula into a clean container with a cover.
- » Add 1 can of cooled, boiled water to the same container (use the formula can to measure the water).
- » Stir the formula.
- » Pour the mixed formula into bottles or leave it in the covered container and store it in the refrigerator until you are ready to use it.

How to Prepare Powdered Formula

Follow the instructions below when preparing powdered formula:

- » Remove the plastic lid of the container.
- » Rinse the plastic lid and the top of the formula can with warm water before removing the top of the formula can.
- » Measure the amount of powder needed. Add the powder to water. Shake the mixture well.
- » When measuring your powder, use the scoop that came in the can. Fill the scoop but don't pack or heap it. Using too much powder can make your baby sick.

To make a single 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

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