



## Guidelines for Preparing and Storing Formula

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### Selecting and Storing Infant Formula

- Carefully check the “use by” date on the can – this is the date after which a container of infant formula should not be fed to infants.
- Never use cans that have dents, leaks, bulges, puffed ends, pinched tops or bottoms, or rust spots. These deformities indicate that the product quality may be diminished and that the product is unsafe.
- Store cans in a cool, indoor place – never in cars, garages, or outdoors. Extreme heat can affect the formula quality. Do not refrigerate or freeze unprepared formula.
- Formula should be used within 24 hours of preparation. Prepared formula should be stored in a properly functioning refrigerator at or below 40 degrees Fahrenheit until ready to use. Prepared formula should be taken out of the refrigerator no more than 2 hours before a feeding.
- Once the feeding has begun, the contents should be fed within an hour or discarded.
- Any formula remaining after a feeding should be discarded. The mixture of formula with saliva provides an ideal breeding ground for disease-causing micro-organisms.

### Keeping Bottles Clean

- For healthy, term infants, it is not necessary to sterilize bottles unless there is a concern for contamination
- Bottles should be thoroughly washed using soap, hot water, and bottle / nipple brushes; or cleaned in a dishwasher. These practices will effectively remove germs.

### Preparing Infant Formula

- Always follow the manufacturer’s instructions for preparation, or instruction from the health care provider.
- Note: Water contaminants cannot be removed by heating or boiling the water.
- Bottled water: In general, it is safe to use bottled water to prepare infant formula if the caregivers understand the following points:
  - The amount of fluoride varies in different bottled waters.
  - If an infant is consuming only formula mixed with fluoridated water, there is an increased risk of mild dental fluorosis.
  - Bottled waters labeled as deionized, purified, demineralized, or distilled contain little to no fluoride, unless fluoride is specifically listed. Using such products to mix formula may lessen an infant’s chance of developing fluorosis.
  - It is impossible for the health care provider to assess the amount of fluoride the infant is ingesting without knowing the fluoride content in the bottled water.

Please visit the CDC for more detailed information:

[www.cdc.gov/nutrition/infantandtoddlernutrition/formula-feeding/infant-formula-preparation-and-storage.html](http://www.cdc.gov/nutrition/infantandtoddlernutrition/formula-feeding/infant-formula-preparation-and-storage.html)



### Formula Preparation Guidelines:

Type of Formula	Mix	Add
Powder	Follow instructions on label, as scoop sizes may vary	Appropriate amount of water as noted on label
Concentrate	Equal part concentrated liquid	Equal part water
Ready to Use (RTU)	Ready for infant to consume as-is	None

### Warming Infant Formula

- For infants who prefer a warmed bottle, warming should take place immediately before serving.
- It is safe to hold the bottle under warm, running tap water. Then swirl the bottle contents and test the temperature by squirting a couple drops of formula onto the wrist. The formula temperature must always be tested prior to a feeding to make sure it is not too hot or cold.
- Only the amount an infant is likely to consume at one feeding should be warmed.
- **NEVER USE A MICROWAVE TO WARM FORMULA.** The liquid may become overly hot and remain hot even after the bottle feels cool.

**Note: infants have been seriously burned by liquids warmed in microwave ovens. Covered bottles, especially vacuum sealed and metal-capped bottles of RTU formula, can explode when heated in a microwave.**

### Guidelines for Using Formula When Access to Common Kitchen Appliances is Limited

- If using powdered formula, prepare one bottle at a time. Fill it with the approximate amount of formula an infant can consume in one feeding. The powder must be scooped from the can with a clean, dry scoop. Ensure that no liquid enters the can; liquid will facilitate bacterial growth and spoil the formula.
- Alternatively, RTU formula in 2-oz nursette bottles can be used.
- Use formula immediately after it is prepared or opened (if RTU).
- Discard any formula that has been sitting open at room temperature for more than 2 hours.
- Once the feeding has begun, contents should be fed within an hour or discarded.

### Natural Disasters or Power Outages:

- Continue breastfeeding.
- Use RTU formula in 2-oz nursette bottles.
- Use bottled water to prepare powdered or liquid concentrated formulas. If bottled water or RTU formulas are not available, discuss options with a health care provider.
- Clean bottles and nipples with bottled, boiled, or treated water **before** each use.
- Discard all infant bottles, nipples, and pacifiers that have come in contact with flood waters or debris.
- Wash hands **before** breastfeeding or preparing formula and before feeding an infant.
  - 60% alcohol based hand sanitizer can be used if the water supply is limited.