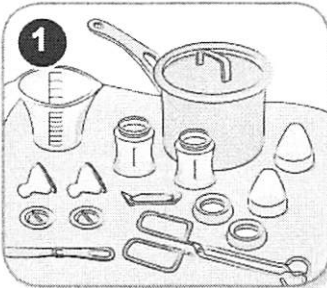
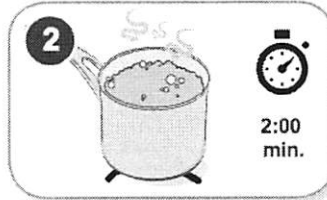


How To Prepare Powdered Infant Formula For Healthy Babies

Powdered infant formula is not sterile. There is a higher risk of bacterial growth when not prepared safely. For information on making an informed decision on how to feed your baby talk to your health care provider or public health nurse. See Tip Sheet #1 for important facts.

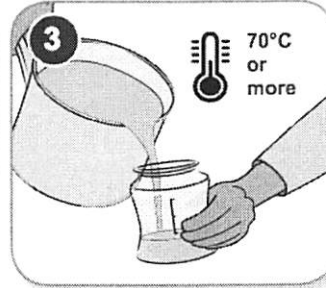


Wash hands and counter with soap and water.
Have all your sterile feeding equipment ready (See Tip Sheet #2).



Sterilizing water

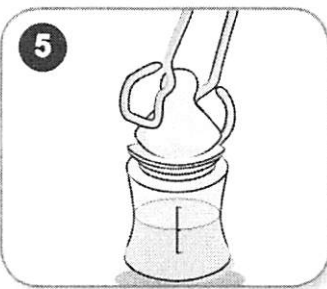
Boil water for 2 minutes. See Tip Sheet #2 for what waters are safe to use.
Make formula with water that is 70°C or more (1 litre of boiled water cools to about 70°C after 30 minutes).
For healthy babies, sterilized water cooled to room temperature can be used as long as the formula is fed immediately.



Check the expiry date on the can.
Pour the needed amount of sterilized water into a sterilized bottle.



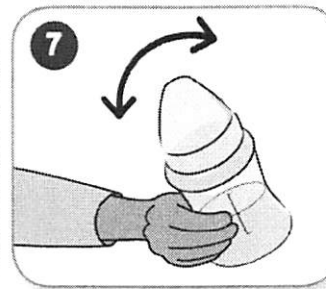
Use the appropriate number of scoops as per instructions on the can.
Fill the scoop inside the can with powdered formula. Do not pack the powder down. Level the scoop with a sterilized knife.
Add the powder to the sterilized hot water.



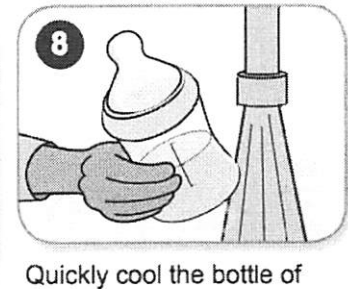
Pick up nipple, cap and ring with sterilized tongs and put on bottle.



Tighten the ring with your hands.



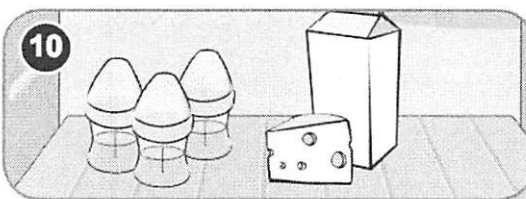
Shake the bottle until no lumps of powder are left.



Quickly cool the bottle of formula under cold, running water or in a container of cold water. When it is at body or room temperature, feed your baby.



Feed your baby in response to baby's feeding cues (See Tip Sheet #6).
Throw out formula that your baby doesn't drink after 2 hours.



It is safest to use a freshly prepared bottle each time you feed your baby. If you prepared the bottles with warm/hot water, cool the bottles quickly under cold running water or in a container of cold water. Once cooled, place them in a refrigerator and use within 24 hours.

For information on how and when to feed your baby see:

- Pages 16-20 in the booklet Infant Formula: What You Need To Know.
- Tip sheet #6.

Infant formula can be recalled. Recall information can be found on the Health Canada website at www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php.

