

# PREPARING READY-TO-FEED INFANT FORMULA

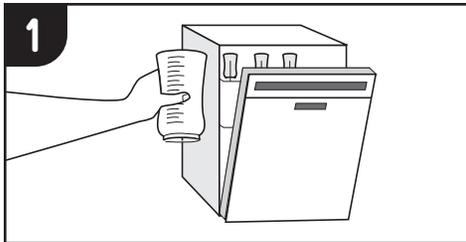
## BEFORE YOU BEGIN

- 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:

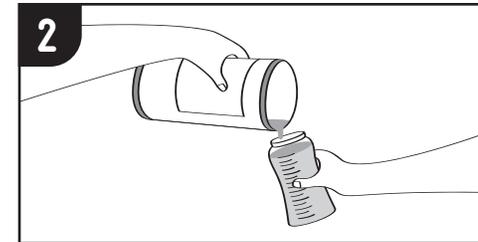
- Make sure the lids are put on tightly.
- Refrigerate unused formula in a container with a lid and use within 48 hours.



### CLEAN BOTTLES

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

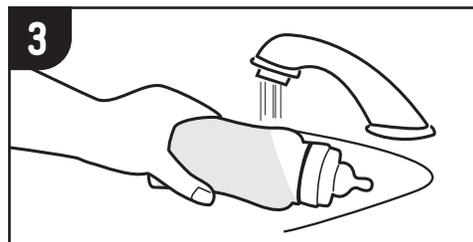
1. Wash in hot, soapy water. Rinse thoroughly.
2. Put washed bottle and bottle parts in a pot and cover with water. Bring to a boil and boil for five minutes.
3. Remove pot from heat. Take bottles and parts out. Place on a clean surface to air dry.



### 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.



DOH 961-1273 October 2022

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).