

MIXING POWDER INFANT FORMULA

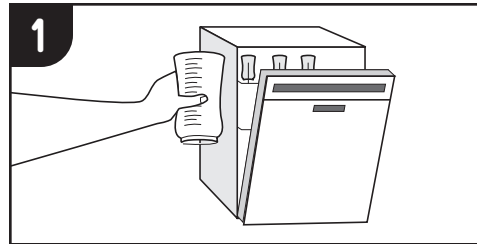
BEFORE YOU BEGIN

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

AFTER YOU FINISH

Storing cans of powder formula:

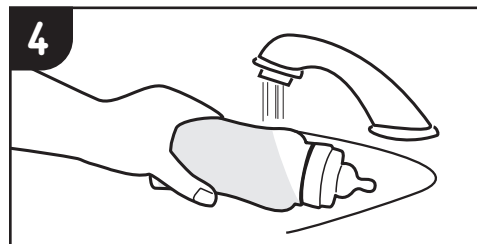
- Make sure the lids of opened cans are put on tightly.
- Store in a cool, dry place. Don’t put the can of powder in the refrigerator.
- Use within one month after opening.



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.



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.

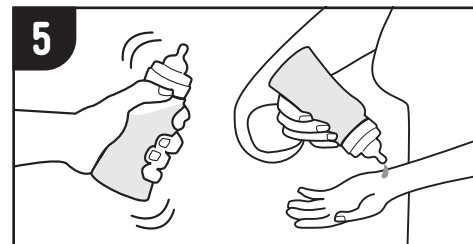


FOLLOW THE DIRECTIONS EXACTLY

- Mix formula as directed on the can.
- It is important for your baby's health to use the exact amounts of powder formula and water.

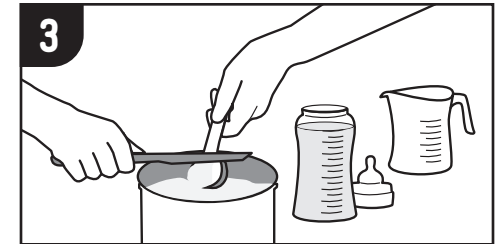
Too little water will make the formula hard to digest.

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



ALWAYS SHAKE THE BOTTLE WELL

- Do not stir.
- 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.



MEASURE CAREFULLY

- Use the ounce markings on the bottle to add cold water to the bottle first.
- Measure the powder using the scoop that comes with the can of formula. Fill the scoop (loosely packed) and scrape off the extra powder with the flat side of a knife.
- Add the powder and shake the bottle gently to mix.



REFRIGERATING FORMULA BOTTLES

- Mix just enough for one feeding or, at most, just enough for 24 hours.
- Cover each bottle with a nipple cap.
- Refrigerate it until ready to use that day.
- Don't leave prepared formula at room temperature. Don't freeze it.



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