

Preparing Liquid Concentrate Infant Formula

To Begin

- Look at the date on the can. It will say "Best if used by" or "Best by." Do not use formula after this date.
- Store unopened containers at room temperature.
- Clean your work surface and wash the top of the container.
- Wash your hands with soap and warm water.
- Shake the container well.
- Ask your doctor if you need to boil your water before mixing formula. Ask about using bottled water.

Store the remaining formula

To store opened containers of liquid concentrate formula

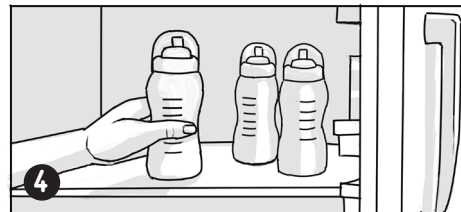
- Make sure the lids of opened containers are put on tightly.
- Refrigerate unused formula in the original container and use within 48 hours.



Clean bottles

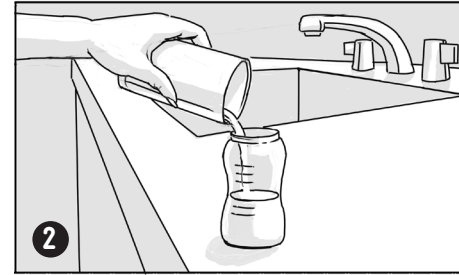
Wash all bottles and bottle parts in the dishwasher using a full cycle OR follow these steps:

1. Wash in hot, soapy water. Rinse well.
2. Put washed bottles and bottle parts in a pot and cover with water. Bring to a boil and boil for 5 minutes.
3. Remove pot from heat. Take bottles and parts out. Place on a clean surface to air dry.



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.
- Do not leave prepared formula at room temperature. Do not freeze it.



Liquid concentrate formula

- Shake the can before opening.
- Mix liquid concentrate formula with an equal amount of water. Use the ounce markings on the bottle. For example, measure 4 ounces of formula into a clean bottle and add 4 ounces of cold tap water.
- Shake the bottle well.
- Once the formula container is open, refrigerate it.



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 the formula left in the bottle. Bacteria from your baby's mouth gets mixed with the formula during feeding.



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.
- **Do not microwave the formula!** This can cause uneven heating and possibly burn your baby's mouth.



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