

Safe preparation of ready-to-feed infant formula

Sanitize feeding equipment

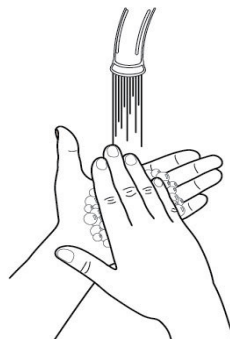
Sanitize equipment until your baby is 4 months old. After baby is 4 months old, make sure the equipment is cleaned well with hot soapy water and rinsed with clean water that is safe to drink.

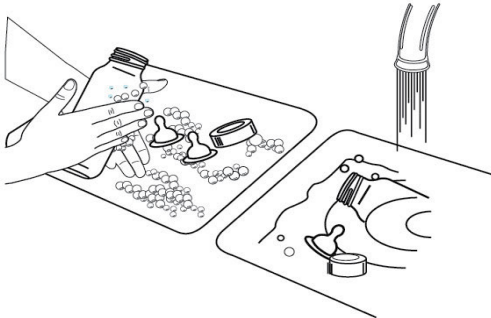
Sanitize feeding equipment before use. Feeding equipment is not fully sanitized until it has been boiled or sanitized in a dishwasher with the sanitize cycle or sanitized in a steam sanitizer.

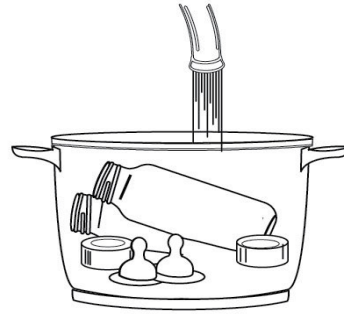
You will need bottles and nipples, can opener, dishsoap, ready-to-feed infant formula, and sanitized tongs.

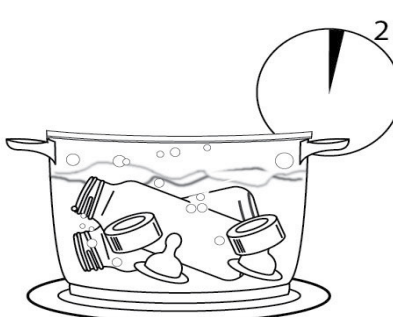
If you don't use the sanitized bottles right away, wait until they are completely dry and then fully assemble them so the inside stays clean. Store all feeding equipment in a clean, protected area.

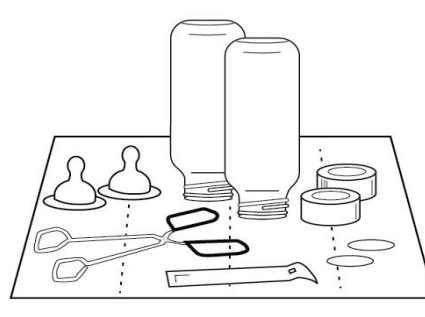
Sanitize by boiling

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1 Wash your hands with soap and water for at least 20 seconds.
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2 Clean the feeding equipment and working area with hot soapy water. Then rinse in clean water that is safe to drink.
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3 Put all the feeding equipment in a large pot. Cover the items with cold tap water.
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4 Bring to a continuous rolling boil, in an uncovered pot, for **2 minutes**.
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5 Remove the feeding equipment with tongs that have been sanitized. Put the items on a clean towel or paper towel to air dry.

Sanitize by dishwasher or steam sanitizer

A dishwasher with the National Sanitation Foundation (NSF) symbol can be used to sanitize the feeding equipment if the sanitize cycle is used. You can check online to see if the dishwasher is NSF certified. You can also use an electric or microwave steam sanitizer (including microwave steam bags). Follow the instructions for the sanitizer you use.

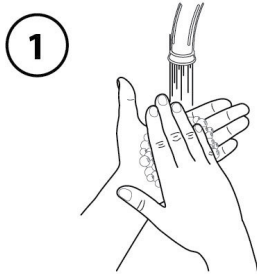
Safe preparation of ready-to-feed infant formula

Prepare the ready-to-feed infant formula

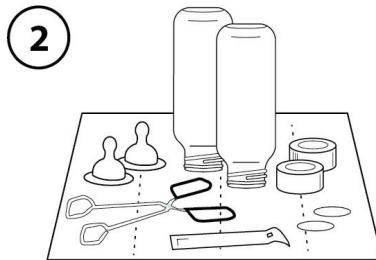
You do not need to add water to ready-to-feed infant formula.

Prepare the formula using the steps below. If you're leaving the prepared infant formula at room temperature, use it within 2 hours. If not being used, tightly cover the container and put the formula in the fridge right away. If you store formula in the fridge, make sure you use it within 48 hours, unless the formula can has different instructions.

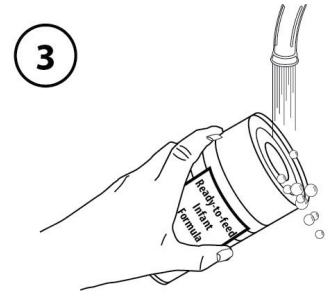
Throw away any leftover formula from the feed—don't re-heat or re-refrigerate used formula. After 2 hours, your baby's saliva in the leftover formula can create growth of bacteria that can make your baby sick.



Wash your hands with soap and water for at least 20 seconds.



Clean the work area with hot soapy water. Use sanitized feeding equipment.



Wash the top of the new formula can, tetra-pak or nursette with hot soapy water. Rinse with clean water that is safe to drink.



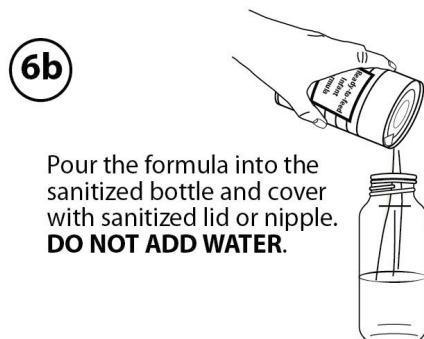
Shake the formula.



If in a nursette, open and cover with a sanitized lid or nipple. **DO NOT ADD WATER.**



If in a can, open the can with a sanitized can opener, or open the tetra-pak.



Pour the formula into the sanitized bottle and cover with sanitized lid or nipple. **DO NOT ADD WATER.**



Use the formula right away or store in the fridge.

Optional: Warm the formula. Never use a microwave to heat formula. If heating the bottle to feed your baby, put it in a bowl of warm water until it reaches a warm temperature, for no longer than 15 minutes. Do not cover the lid/nipple with water when warming as this can lead to contamination of the formula. Gently shake or swirl formula to mix. Test the formula on your wrist to make sure it's just warm, not hot.

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