

How to safely make formula

Step 1 - Clean and sterilize the bottles.

- Wash your hands with soap and water.
- Clean the area where you will make the formula.
- Clean the bottle, nipple, collar, and lid with hot soapy water. Rinse well. Make sure to get all of the soap off.
- Boil cold tap water in a large pot. Put all of the bottle parts into the boiling water. Make sure that everything is completely covered with water. Keep the bottles in boiling water for 5 minutes.
- After boiling for 5 minutes, let the bottles air dry until you are ready to use them.
- Wash your hands before you touch the bottle parts. Or use clean tongs to pick them up.



Step 2 - Make the formula.

- Boil cold tap water. This is the best way to kill any germs. Let the water cool for a few minutes after it boils. You can use distilled water, but it is not needed.
- Pour the water into a bottle. Use the scooper that comes with the formula. Add formula powder and shake it up. Read the directions on the formula to know how much powder to add.
- **Never** use a microwave to heat formula. **Never** mix any pureed food or cereal into the bottle.



Step 3 - Feed your baby.

- Check the temperature of the formula by putting a drop on your wrist. It should feel lukewarm, not hot.
 - If the formula is hot, cool it down before you feed your baby. You can do this by holding the bottle under cold running water.
- Feed your baby. Newborns have very small stomachs so they fill up quickly. As babies grow they can eat more and stay full for longer. Use the chart below to help guide you on how much formula to offer your baby.



How much formula should I give my baby?	
First few days	1-2 ounces of formula. Pay attention to hunger cues. Some babies may like to have a bottle every 2-3 hours.
First few weeks to one month	Around 3-4 ounces of formula. Your baby may be used to getting a bottle every 2.5 to 4 hours.
By 6 months	6-8 ounces of formula at each of 4 or 5 feedings in 24 hours.

***Remember that every baby is different. The amount of formula you give them will depend on their weight and the baby’s hunger cues. Learn the signs that your baby uses to tell you they are hungry.**

Step 4 - Throw away or refrigerate leftovers.

- Germs can start to grow in the formula 1 hour after you make it. So it is best to **make new formula each time you feed your baby.**
- If you make a large amount of formula, you can keep it in the refrigerator for up to 24 hours. Any open “ready to feed” or “concentrated” formula can be kept in the refrigerator for up to 48 hours. Pour the ounces needed into the baby’s bottle. Put the large amount back in the refrigerator.
- If you do not refrigerate the formula, use it within 2 hours. After 2 hours, throw it away.

Talk with your CHN nutritionist, health educator, or prenatal coordinator if you have questions!