



A Quick Checklist for Formula Preparation

Wash Hands and All Feeding Supplies

- Make sure all bottles, nipples, and collars are cleaned and sanitized
- Sanitize the formula prep area and wash your hands with soap and water
- Place your sanitized bottles, nipples, and collars on your prep area next to your formula container

Ensure Water Safety and Boil Water (if indicated)

- Check your water source to be sure it is free from contaminants and is appropriate for formula preparation
- If boiling is indicated, bring your safe water to a rolling boil for one minute, even if it is bottled water.
- Cool the boiled water to no less than 70°C or 158°F in order to kill the bacteria in the formula.

Mixing Formula Powder

- Pour the hot water into a sanitized bottle or mixing container used for formula only.
- Add the exact recommended amount of powdered formula according to the package instructions to the prepared water



- Mix the water and formula together thoroughly with a clean spoon or whisk only used for formula being careful not to touch to liquid

Cool the Formula and Feed

- Pour the prepared formula into the bottle and twist the nipple and collar on.
- Cool the formula by holding the bottle under cool running water until it is around body temperature while avoiding the nipple.
- Dry off the bottle and check the temperature of the formula by squeezing a drop on the inside of your wrist.
- The prepared formula is now ready to feed your baby.
- Discard any unused formula within one hour of feeding.
- Clean and sterilize the bottle and nipple before reuse.
- If preparing 24 hours of formula, place the pitcher in the refrigerator immediately and do not leave it out to cool before storing.