


# HOW TO PREPARE POWDERED INFANT FORMULA FOR HEALTHY, TERM INFANTS

Powdered infant formula is not sterile and may contain bacteria that are harmful to newborns.

It is best NOT to give powdered formula to babies under 2 months of age.

**1**



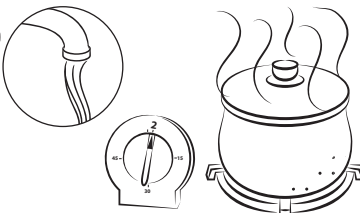
Disinfect kitchen counter and wash hands with soap and water.

**2**



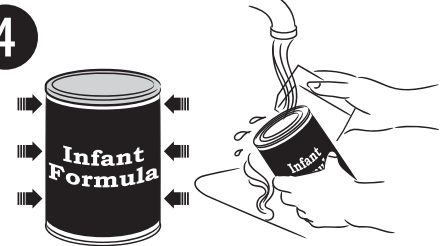
Have sterilized equipment ready on clean paper towel.

**3**



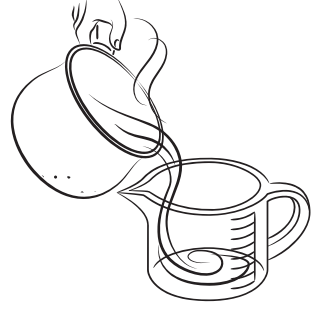
Before filling the pot, let cold tap water run for up to 2 minutes (use approved filter if you have lead pipes). Fill the pot, and bring water to boil for 2 minutes. Let the water cool—use within 30 minutes.

**4**



Check the expiry date and make sure there are no dents on the can. Read the label to see how much water and powder to use. Wash top of can with warm water.

**5**



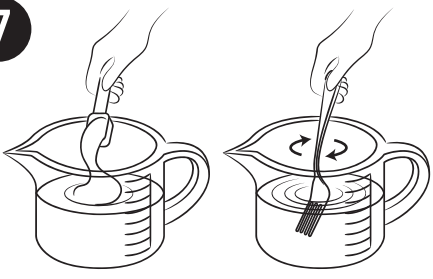
Pour the amount of boiled water needed into a sterilized glass measuring cup.

**6**



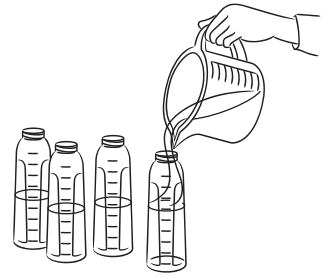
Fill scoop from can with powder. Level with a knife.

**7**



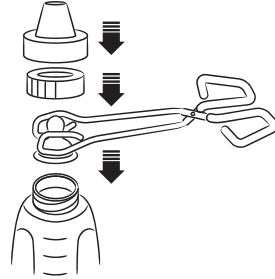
Add the required number of scoops of powder to the boiled water. Mix until no lumps of powder are left.

**8**



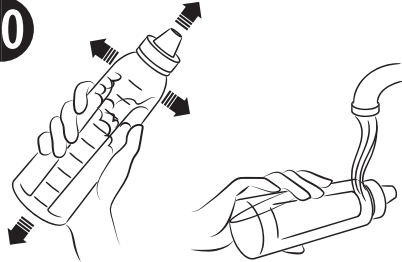
Divide infant formula in sterile bottles by pouring the amount of infant formula needed for one feeding in each bottle.

**9**



Pick up nipples, rims and caps with sterilized tongs and put on bottles. Tighten with your hands.

**10**



Shake bottle well to mix. Cool bottles under cold running water or in a container of cold water.

**11**



Put prepared bottles in refrigerator. Use within 24 hours.

**12**



Cover can with plastic lid. Store can in a cool dry place. Use within 1 month.

023-0461B CH-8313-E (14)

Adapted with permission from Ottawa Public Health.