

Preparation Checklist for Standard Ready-to-Feed Iron-fortified Infant Formula (using glass or hard plastic bottles)

*Note: This information can serve as a guide. It is important to follow manufacturer recommendations for storage, as well as health care provider instructions for formula mixing.

1  Wash your hands, arms, and under your nails, very well with soap and warm water. Rinse thoroughly. Clean and sanitize your workspace.

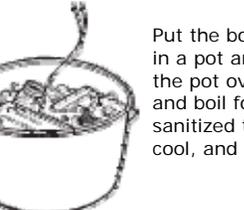
7  Pour the amount of ready-to-feed formula for one feeding into a clean bottle. Do not add water or any other liquid.

2  Wash bottles and nipples, using bottle and nipple brushes, and caps, rings, and preparation utensils in hot soapy water before using. Rinse thoroughly.

8  Attach nipple and cap and **SHAKE WELL**. Feed prepared formula immediately.

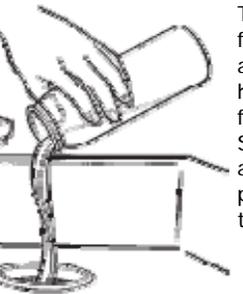
3  Squeeze clean water through nipple holes to be sure they are open.

9  If more than one bottle is prepared, put a clean nipple right side up on each bottle and cover with a nipple cap. Label each bottle with the baby's name and the date and time that it was prepared.

4  Put the bottles, nipples, caps, rings in a pot and cover with water. Put the pot over heat, bring to a boil, and boil for 5 minutes. Remove with sanitized tongs, allow the items to cool, and air dry.

10  Refrigerate until feeding time. Do not leave formula at room temperature. To warm bottle, hold under running warm water. **Do not microwave bottles.** If formula is left in the can, cover and refrigerate open can until needed. Use within 48 hours.*

5  Wash the top of the can with soap and water and rinse well to remove dirt. Wash the can opener with soap and water.

11  Throw out unused formula left in bottles after feeding or which has been unrefrigerated for 1 hour or more. Store unopened cans in a cool, dry indoor pantry shelf. Use before the expiration date.

6  **SHAKE CAN WELL** and then open the can.

Preparation Checklist for Standard Liquid Concentrated Iron-fortified Infant Formula (using glass or hard plastic bottles)

*Note: This information can serve as a guide. It is important to follow manufacturer recommendations for storage, as well as health care provider instructions for formula mixing.

1  Wash your hands, arms, and under your nails, very well with soap and warm water. Rinse thoroughly. Clean and sanitize your workspace

7  SHAKE CAN WELL and then open the can.

2  Wash bottles and nipples, using bottle and nipple brushes, and caps, rings, and preparation utensils in hot soapy water before using. Rinse thoroughly.

8  Pour needed amount of formula into a clean bottle using ounce markings to measure formula and add an equal amount of cooled boiled water. If 4 ounces of formula is poured into the bottle, 4 ounces of water should be added. This preparation will yield an infant formula that is approx. 20 calories per oz. *

3  Squeeze clean water through nipple holes to be sure they are open.

9  Attach nipple and ring to the bottle and SHAKE WELL. Feed prepared formula immediately. If formula is left in the can, cover and refrigerate can until needed. Use within 48 hours.*

4  Put the bottles, nipples, caps, rings in a pot and cover with water. Put the pot over heat, bring to a boil, and boil for 5 minutes. Remove with sanitized tongs, allow the items to cool, and air dry.

10  If more than one bottle is prepared, put a clean nipple right side up on each bottle and cover with a nipple cap. Label each bottle with the baby's name and the date and time it was prepared

5  For formula, bring water to a very bubbly boil. Keep it boiling for a minute or two, then let it cool no more than 30 minutes. Use this water to mix the formula. Use water from a source approved by your health care provider and local or state health department. If tap water is used for boiling, collect only cold tap water allowed to run for 2 minutes first.

11  Refrigerate until feeding time. Follow storage instructions per manufacturers. To warm bottle, hold under running warm water. **Do not microwave bottle.**

6  Wash the top of the can with soap and water and rinse well to remove dirt. Wash the can opener with soap and hot water.

12  Throw out unused formula left in bottle after feeding or which has been unrefrigerated for 1 hour or more. Store unopened cans in a cool, dry indoor pantry shelf. Use before expiration date.

Preparation Checklist for Standard Powdered Iron-fortified Infant Formula (using glass or hard plastic bottles)

*Note: This information can serve as a guide. It is important to follow manufacturer recommendations for storage, as well as health care provider instructions for formula mixing.

1  Wash your hands, arms, and under your nails, very well with soap and warm water. Rinse thoroughly. Clean and sanitize your workspace.

2  Wash bottles and nipples, using bottle and nipple brushes, and caps, rings, and preparation utensils in hot soapy water before using. Rinse thoroughly.

3  Squeeze clean water through nipple holes to make sure they are open.

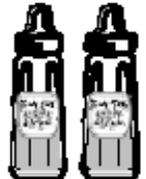
4  Put the bottles, nipples, caps and rings in a pot and cover with water. Put the pot over heat, bring to a boil, and boil for 5 minutes. Remove with sanitized tongs, allow the items to cool, and air dry.

5  For formula, bring water to a very bubbly boil. Keep it boiling for a minute or two, then let it cool no more than 30 minutes. Use this water to mix the formula.
Use water from a source approved by your health care provider and local or health department. If tap water is used for boiling, collect only cold tap water allowed to run for 2 min. first.

6  Remove plastic lid; wash lid with soap and clean water and dry it. Write date on outside of plastic lid. Wash the top of the can with soap and water, rinse well, and dry. Wash the can opener with soap and hot water. Open the can and remove scoop. Make sure that the scoop is totally dry before scooping out the powdered formula. Only use the scoop that comes with the formula can.

7  For each 2 ounces of cooled boiled water added to a clean bottle, carefully add 1 level scoop of powdered formula. Thus, if 8 ounces of water is poured into the bottle, 4 level scoops of formula should be added. This preparation will yield an infant formula that is approx. 20 calories per oz. *

8  Attach nipple and ring to the bottle and SHAKE WELL. Feed prepared formula immediately.

9  If more than one bottle is prepared, put a clean nipple right side up on each bottle and cover with a nipple cap. Label each bottle with the baby's name and the date and time it was prepared.

10  Refrigerate until feeding time. Follow storage instructions per manufacturers. To warm bottle, hold under running warm water. **Do not microwave bottle.** Use within 24 hours.*

11  Throw out unused formula left in bottle after feeding or which has been unrefrigerated for 1 hour or more.

12  Make sure that no water or other liquid gets into the can or powder. Cover opened can tightly and store in a cool dry place (not in the refrigerator). Use within 4 weeks after opening to assure freshness.

13  To be used again, the scoop should be washed with soap and hot water, rinsed thoroughly, and allowed to air dry. When making formula again, the scoop should be totally dry before using it to scoop powder out of the can. Store unopened cans in a cool, dry pantry shelf. Use before the expiration date.