



Making baby formula from liquid concentrate

Name _____

Formula _____, _____ kcal/oz

How to prepare

1. Wash hands with soap and warm water.
2. Boil all utensils for 2 minutes. Let cool.
3. Heat water in a pot or kettle to a rolling boil for at least 2 minutes. Do not use a kettle that shuts off before the water has boiled for 2 minutes. Let cool.
4. Wash the top of the can with hot water.
5. Add _____ of formula concentrate to the boiled sterile container.
6. Add _____ of cooled, boiled water to make a final measure of _____ ml
or _____ oz.
7. Other: _____
8. Mix well.
9. Divide into _____ bottles of _____ each or store in the boiled, sterile container.
10. Place bottles in the fridge right away. Use prepared formula within 24 hours. If not used in 24 hours, then throw away.
11. If there is liquid concentrate formula left, cover the open can and store it in the fridge. Use within 24 hours.

Sterilize water until your baby is at least 4 months old.

30 ml = 1 oz

Date _____ Dietitian _____