

# Making baby formula from powder

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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.

If you are making powdered formula for a baby that is ill or less than 2 months old and premature or low birth weight – use the water within 30 minutes.

If you are making powered formula for a healthy full-term baby, you can let the water cool to room temperature.

4. Wash the top of the can with hot water.
5. Add \_\_\_\_\_ of powder 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 in the fridge right away. Use prepared formula within 24 hours. If not used in 24 hours, then throw away.
11. Cover the open can with the plastic lid. Make sure the lid is tightly closed. Store according to the directions on the can. Use the rest of the powdered formula within 1 month and before the “use by” date on the can.

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

**30 ml = 1 oz**

Date \_\_\_\_\_ Dietitian \_\_\_\_\_