Preparing to Feed Your Baby Formula

How Do I Warm Formula for My Baby?

• Remove cooled formula from fridge and place it in a bowl of hot water.
• After 15 minutes, **swirl, but don’t shake** formula to help distribute the heat evenly.
• **Test the formula** with a few drops on your wrist before you give to baby. It should feel warm/at room temperature (25°C) **but not hot**.
• Any formula left in a feeding device (e.g., cup, bottle) after baby feeds should be thrown away. **Do not** reuse, reheat or place this formula back in the fridge.
• **Never use the microwave** to warm up formula. It can create “hot spots” that can seriously burn your baby’s mouth and throat. Use a bath of hot water instead (see below).

Leaving Home with Formula?

• Your baby needs to drink the formula you have prepared **within 24 hours**.
• Remove formula from the fridge just before leaving your home.
• Place cold containers of formula in a cooler bag with ice packs.
  • If formula is placed back in a fridge **within two hours of being removed**, it can be used within 24 hours from the time it was prepared.
  • If formula is out of the fridge longer than two hours, it should be **thrown away**.

For more information: call Region of Peel—Public Health at **905-799-7700**
Monday to Friday 8:30 a.m. to 4:30 p.m.
Caledon residents call free of charge at **905-584-2216**
parentinginpeel.ca