Preparing Liquid Concentrate Formula

Liquid concentrate infant formula is a type of formula that needs sterilized water added before you give it to your baby. This type of formula is sterile, which means it contains no bacteria that can harm your baby.

**STEP 1 – Wash your hands with soap and warm water**

**STEP 2 – Check the container**

- **Do not use** if there are dents/damage or the expiry date has passed. Check that the word “concentrate” is on the label and read the instructions. Wash top of container and lid with hot water.

**STEP 3 – Open container, measure formula and add water**

- Shake and open with sterilized can opener. Measure the formula in a sterilized measuring cup and add equal amounts of sterilized water which has been cooled to room temperature (25°C). Mix well with sterilized fork.

**STEP 4 – Feed your baby**

- Ensure that the feeding equipment you are using has been properly sterilized. Pour formula into the device (e.g. cup, bottle) you are using to feed your baby. Make sure formula is **warm (not hot)** before you feed your baby. Extra formula that has been cooled can be placed on the top shelf of the fridge (not on the door) and used within 24 hours. Store extra formula in a container that you have sterilized. **Do not** freeze formula.

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

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