Preparing **Powdered Infant Formula**

Powdered infant formula is **not sterile**. It could contain bacteria that can harm your baby. Powdered infant formula **should not** be given to babies younger than two months of age. These babies should drink liquid concentrate (mixed with water) or ready-to-feed formula.

**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. Read the instructions. Wash top of container and lid with hot water.

**STEP 3 – Boil and pour sterilized water into sterilized measuring cup**
- Tap water is safe to use for boiling.
- Boil water for two minutes in an open pot. Use boiled water within 30 minutes to prepare formula.
- Check the temperature of the water with a sterilized digital thermometer.
- Make sure water **does not cool down to less than 70°C (158°F)** when mixing in the powdered formula.
- Check the directions for the correct amount of water.

**STEP 4 – Measure the formula according to directions**
- Use the scoop that comes with the can.
- Level the scoop with a sterilized knife.
- Mix the water and powder with a sterilized fork. There should be no lumps.

**STEP 5 – Pour formula**
- **Be careful! It will be hot!** 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.

See Over
STEP 6 – Cool formula and 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.