Preparing Water for Making Formula

What Kind of Water is Safe to Use?

- The best choice for water when preparing infant formula is city tap water. This water is tested regularly to make sure it is safe and does not contain anything that can harm your baby.
- If you have a well, **test** your well water regularly.
- It is also safe to use a pre-filled container of water that has no added minerals or vitamins (not fortified) and is not carbonated.
- Types of water that **should not** be used in formula preparation are:
  - Softened tap water
  - Distilled water
  - Mineral water
  - Carbonated/Soda water or Fortified water

Preparing Water for use with Formula

- Water that is used for preparing formula should always be sterilized (including pre-filled containers of water). Steps include:
  - Turn on tap water and make sure it runs until it is cold.
  - In a large pot, bring the water you will be using to prepare formula to a rolling boil.
  - Sterilize the water by letting it boil for **two minutes**.
  - **Do not** use a kettle that shuts off before the water has boiled for two minutes.
  - When preparing powdered infant formula, make sure the water is **no less than 70°C (158°F)** and use within 30 minutes. Mix according to instructions on container.
  - When preparing liquid concentrate formula, you can use sterilized water that has been **cooled to room temperature (25°C)**. Mix according to instructions on container.

Storage

- Sterilized water can be stored in **sterilized glass jars** at room temperature up to 24 hours or on the top shelf of the fridge for up to three days.