



Formula Feeding

How to Prepare Concentrated Liquid Formula



1

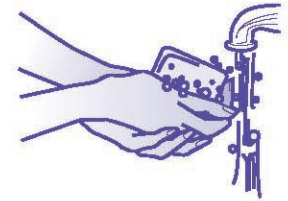
Clean and disinfect all of the items before you prepare the formula.

2



Bring the water to a rolling boil for 2 minutes. Let the water cool to room temperature.

3



Wash your hands and the kitchen counter top with soap and water.



4

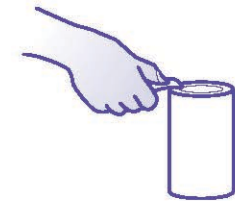
Rinse the top of the can with warm water. Make sure the can does not have any dents or bulges.



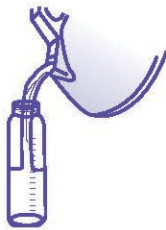
5

Shake the can.

6



Open the can with a clean can opener.



7

Add the same amount of concentrated liquid formula and water to the bottle.



8



Use clean tongs to put the nipple, disks, rim and cap on the bottle. Tighten with your hands.



9

Put the bottle in the refrigerator. **Use it within 24 hours.** Do not leave the formula out at room temperature for longer than 2 hours.



10

Put a tight cover on the unused concentrated liquid formula. Store it in the fridge. Use it within 48 hours or what it says on the formula container.

11



Shake well before feeding.

If you have questions about how to breastfeed or feed your baby, call your public health nurse, talk to your healthcare provider or call HealthLinkBC (8-1-1) to speak with a registered nurse or registered dietitian.

Adapted for use in British Columbia, courtesy of the Government of Manitoba

