

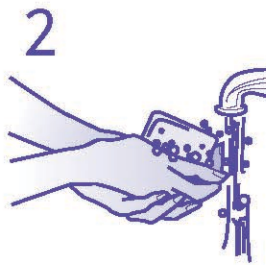


Formula Feeding

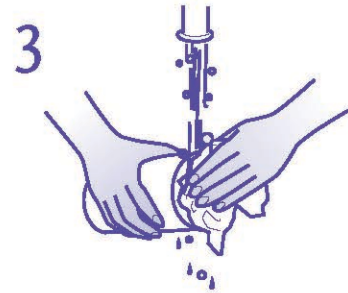
How to Prepare Ready-to-Feed Formula



1
Clean and disinfect all of the items before you prepare the formula.



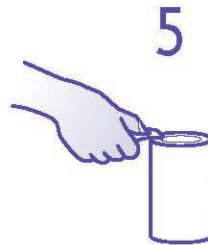
2
Wash your hands and the kitchen counter top with soap and water.



3
Rinse the top of the can with warm water. Dry the can with clean paper towel or cloth.



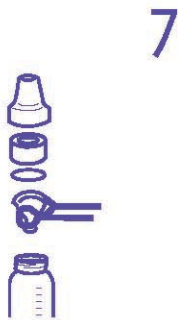
4
Shake the can.



5
Open the can with a clean can opener.



6
Fill a clean bottle with enough ready-to-feed formula for one feeding. **Do not add water.**



7
Use clean tongs to put the nipple, disks, rim and cap on the bottle. Tighten with your hands.



8
Put the bottle in the refrigerator. **Use within 24 hours.** Do not leave the formula out at room temperature for longer than 2 hours.



9
Put a tight cover on the unused ready-to-feed formula. Store it in the fridge. Use it within 48 hours or follow the directions on the formula container.

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.