

Formula Preparation

Guidelines for Healthy Children

Formula Preparation Guidelines for Healthy Children

Powdered formula is not sterile. It may contain bacteria that can cause serious illness in infants. By preparing and storing powdered infant formula correctly, you can reduce the risk of illness.



STEP 1

- All work surfaces must be cleaned with a product that is suitable for food surfaces.
- Cleaning supplies must be stored away from formula and ingredients.



STEP 2

Wash your hands with soap and warm water before mixing formula.

- First, wet hands then apply soap.
- Wash hands for 20 seconds including palms, back of hands, wrist and under fingernails.
- Rinse hands under running water.
- Dry with paper towels or a clean towel.



STEP 3

Storage containers for collection and storage of formula:

- Use clean mixing containers, bottles and nipples.
- Sanitize all containers, bottles and nipples prior to first use.
- Containers can be washed in hot soapy water, rinsed well and allowed to air dry after each use.



STEP 4

Preparing formula:

- You can use tap water as long as your water is safe to drink.
- Water can be sterilized by using a teapot or saucepan and bringing the water to a full boil for 1 to 2 minutes.
- For infants less than 6 weeks, the CDC recommends mixing formula with hot water.
- Always allow the formula to cool before feeding.
- To cool the formula, run the capped bottle under cold water or place bottle in an ice bath.
- Do not allow water to sit for more than 30 minutes.



STEP 5

- Follow the recipe provided.
- Adding more or less formula than instructed could make infants sick.



STEP 6

- Mix by gently shaking or swirling the bottle to make sure there are no lumps.
- Feeds should be prepared in individual bottles, placed in a refrigerator and used within 24 hours.
- Refrigerator temperature should be 35-39° For 2-4° C.
- Partially fed formula should be discarded within 1 hour after the baby is finished feeding.

QUESTIONS? CALL NUTRITION SERVICES AT (816) 234-3468

References:

Kids Health 120161. Formula feeding FAQs: Preparation and storage. Retrieved from: kidshealth.org/en/parents/formulafeed-storing.html?WT.ac=ctg#cathealthy-eating

Pediatric Nutrition Practice Group. Infant guidelines: Guidelines for preparation of human milk and formula in health care facilities. 2nd ed. P. 71-79. Academy of Nutrition and Dietetics

1FAO/WHO. 2007. Safe preparation, storage and handling of powdered infant formula: guidelines. Retrieved from: www.int/foodsafety/publications/powdered-infant-formula/en/