

How to Make Formula for Your Baby

WIC is here to help! Follow these directions to safely make formula for your baby.

Keep it Clean

- **Wash your hands and the work area** with soap and warm water before making a bottle.
- **Kill germs** by boiling water and bottle parts before using until baby is 4 months old.
- **Run cold tap water 30 seconds** before using to make formula.
- Always use a clean bottle, nipple, ring, and mixing container.
- Throw out formula left in the bottle after each feeding.

Ask

- **Ask your doctor or WIC about the right water to use.** Bottled water and tap water are safe but not sterile. **WIC recommends boiling tap and all bottled water until baby is 4 months old.**
- **Ask your doctor or WIC for the right recipe.** Most babies need the recipe listed on the can.
- **Ask WIC about how to mix formula.** WIC can give you tips to keep baby safe.

Be Safe

- Warm formula by placing the bottle in a container of warm water—**never use the microwave** as this could burn baby.
- Throw out any prepared formula that has been out of the refrigerator for longer than one hour.

Look on the back to learn how to **kill germs by boiling bottles and water** and how to make formula from **powder** or **concentrate**.

Boil Bottles and Parts Until Baby is 4 Months Old

1. Use hot, soapy water to clean bottles, nipples, rings, and caps.
2. Put clean bottles, nipples, rings, and caps in a large, clean pot.
3. Run cold tap water for 30 seconds. Fill the pot with cold tap water.
4. Cover pot. Heat to a boil. Boil gently for 5 minutes.
5. Remove pot from heat. Keep lid on. Let cool.
6. Remove bottle parts and allow to air dry.

Boil Water Until Baby is 4 Months Old

1. Run cold tap water for 30 seconds.
2. Fill a clean pot or kettle with cold tap water.
3. Cover pot or close kettle.
4. Heat to a boil. Remove from heat.
5. Cool water to lukewarm before using to make formula.
6. Store boiled water in a clean container with a lid in the refrigerator.

How to Make Formula from Powder

- Keep **opened cans in a cool, dry place** and **throw away opened cans after one month.**
- Always use the scoop that comes in the can.
- **Throw away prepared formula after 24 hours.**

Cold Water	+	Powder	=	Formula
2 ounces	+	1 scoop	=	2 ounces
4 ounces	+	2 scoops	=	4 ounces
8 ounces	+	4 scoops	=	8 ounces

1. Clean the lid and foil seal before opening.
2. Remove foil seal and throw away.
3. Find the scoop in the can of powder.
4. Run cold tap water for 30 seconds. Measure water in a clean measuring cup.
→ Look on the can or on this page to know how much water to use.
5. Add water to a clean bottle or container.
6. Add unpacked, level scoops of powder to water
→ Look on the can or on this page to know how many scoops to use.
7. Stir or swirl to dissolve. Formula is now ready. Feed to baby or keep refrigerated up to 24 hours.

How to Make Formula from Concentrate

- Keep unopened formula in a cool, dry place.
- Keep **opened formula covered and in the refrigerator** for up to 48 hours.
- **Throw away prepared formula after 48 hours.**

Cold Water	+	Concentrate	=	Formula
2 ounces	+	2 ounces	=	4 ounces
4 ounces	+	4 ounces	=	8 ounces
12 ounces	+	12 ounces	=	24 ounces

1. Clean the lid or foil tab before opening.
2. Open can or remove foil tab.
3. Run cold tap water for 30 seconds. Measure water in a clean measuring cup.
→ Look on the can or on this page to know how much water to use.
4. Add water to a clean bottle or container.
5. Measure concentrate in measuring cup.
→ Look on the can or on this page to know how much concentrate to use.
6. Add concentrate to bottle or container.
7. Stir or swirl to mix. Formula is now ready. Feed to baby or keep refrigerated up to 48 hours.