

How to Prepare and Feed Ready-to-Feed Infant Formula

- | Breast feeding is the best way to feed your baby. Babies who are not breastfed or are partially breastfed will need a commercial infant formula.
- | For the first six months of life breastmilk, infant formula, or both is the only food that your baby needs to grow and be healthy. At around 6 months old, begin adding solid foods while continuing to give breast milk, infant formula or both.
- | Continue to breastfeed your baby until age two or beyond.
- | Most babies do not need formula beyond 12 months of age. You can start giving your baby 3.25% homogenized whole milk instead of formula between 9 and 12 months once they are eating a variety of iron-rich foods two or more times a day. If you continue to offer formula after 12 months, look for a formula that is for babies aged 12 months and up

What type of infant formula should I choose?

- | Choose a formula that is based on cow's milk protein.
- | Choose a formula that is iron-fortified.
- | All formulas have some omega-3 and omega-6 fats; however, you may want to choose a formula that has extra omega-3 (DHA) fats and omega-6 (ARA) fats added. These fats help your baby's brain and eyes develop.
- | Formula comes in 3 forms: powder, liquid concentrate, and ready-to-feed. The instructions on how to make it are different for each kind of formula.
- | You do not need to add water to ready-to-feed formula. It could harm your baby if you add water.

This factsheet will help you safely prepare and feed ready-to-feed infant formula.



Steps you can take

Ready-to-feed infant formula is sterile until the can is open. This means it does not contain any harmful bacteria.

How to Prepare Ready-to-feed Infant Formula

1. Gather what you will need to prepare ready-to-feed infant formula:

- | bottles, nipples, caps, rims
- | nipple brush and bottle brush
- | large pot with lid
- | can opener
- | tongs
- | glass measuring cup.

2. Clean your hands, counter and all items that you will use to prepare formula.

- | Wash your hands with soap and warm water for at least 20 seconds. Rinse well. Dry hands with a paper towel. You may need to wash your hands more than once as you follow the steps.
- | Clean and sanitize the counter top.
- | Wash bottles and other items that will be used to prepare formula in warm soapy water. Use nipple and bottle brushes. Rinse well.

3. Sterilize items that you will use to prepare formula.

- | Put items in a pot. Cover with water. Put lid on the pot and bring water to a boil. Time for at least 5 minutes when the water reaches a rolling boil.
- | Remove items with sterile tongs. Set on a clean paper towel or tea towel to cool.

4. Open the can of ready-to-feed formula.

- | Check "use by" dates on the can of formula. Do not use after that

date.

- | Make sure the can is clean and has no dents.
- | Wash the top of the can with very hot water.
- | Shake the can well.
- | Open the can with a sterile can opener.

5. Pour ready-to-feed formula into bottles.

- | Pour the amount of formula for one feeding into each bottle.
- | DO NOT ADD WATER.
- | Pick up nipple, rim and cap with sterile tongs and put on the bottles. Tighten with your hands.
- | Make only the amount of bottles you will need for two days or less.

How to store prepared formula:

- | If you have prepared more than one bottle, put tightly sealed bottles in the refrigerator. Check that your refrigerator is 4°C or less. Harmful bacterial can grow if your refrigerator is above 4°C.
- | Use bottles within 48 hours.
- | Do not freeze prepared formula. Freezing changes the fat in infant formula.

How to Feed Your Baby

1. Getting formula to the right temperature

Warming:

- | To warm prepared formula, place the bottle in a bottle warmer or in a container of hot water for no more than 15 minutes. Make sure the water does not touch the screw cap or lid. The formula should be between room and body temperature.
- | Do not warm bottles in the microwave. It can create hotspots that

can scald your baby's mouth.

- | Shake or swirl the bottle well. Test a few drops of the formula on the inside of your wrist to check the temperature.
- | Do not rewarm the formula more than once.

2. Feeding

- | Before you feed your baby, check that the hole in the nipple is the right size. When you hold the bottle upside down, about one drop per second should come out.
- | Always hold your baby when giving a bottle. Never prop the bottle or leave your baby to feed himself. Propping a bottle can cause choking.
- | Tilt the bottle up so that the nipple is full of formula. This will prevent your baby from swallowing air and causing gas.
- | Never force the nipple into your baby's mouth. Forcing a child to feed may lead to food refusal and prevent healthy weight gain. Your baby has had enough when his sucking slows, he turns his head away, or he falls asleep.
- | Burp your baby as needed. You may need to burp both during and after a feeding.
- | Never put your baby to bed with a bottle. It can cause choking and tooth decay.
- | Throw away leftover formula if your baby does not finish the bottle within 2 hours. Do not refrigerate and reuse re-heated formula. Bacteria from your baby's mouth can get into the formula and make your baby sick if he drinks it later.
- | Wash bottles, nipples and rims and any other equipment that you used to prepare formula in warm soapy water after every feeding. Use the nipple and bottle brushes. Rinse well.

Special Considerations

How should I store the can of ready-to-feed formula?

- | Store unopened cans in a cool, dry place. Follow package directions.
- | Tightly cover the opened can of formula and store in the refrigerator (4°C or below). Use within 48 hours.

- | Do not store formula in the freezer. Freezing changes the fat in infant formula.
- | Never use infant formula after its expiration date.

What types of bottles should I choose?

- | Use bottles that are labelled BPA-free (Bisphenol A free) or use glass bottles. If you have bottles that have BPA, do not put very hot or boiling water in them. BPA is a chemical used to make some types of plastic. This chemical may be harmful to babies and young children.

How can I safely carry and serve a bottle of formula when not at home?

- | Cool the bottle of formula in the refrigerator (4°C or below) first before traveling with it.
- | Leave the formula in the refrigerator until just before you leave.
- | Pack the formula in a cooler or cold insulated bag with ice.
- | If you are unable to keep the formula cold while travelling, feed the formula to your baby within 2 hours. After 2 hours, throw out any remaining formula.

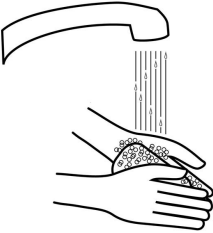
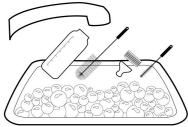
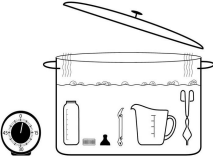
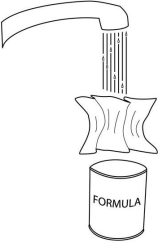

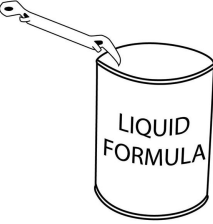
What types of bottles should I choose?

- | Use bottles that are labeled BPA-free or use glass bottles. BPA is a chemical used to make some types of plastic. Contact the manufacturer if your bottle is older than 2010 or if you are unsure about the type of plastic.

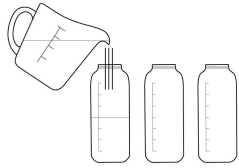
What should I do if my baby is having problems with the formula?

Talk to your baby's health care professional if you feel that your baby is having problems with the formula you are using.

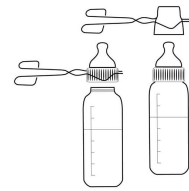
Step by Step Guide to Preparing Ready-to-Feed Infant Formula

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| <p>1. Wash hands for 20 seconds with soap under warm running water. Clean and sanitize countertops.</p>  | <p>2. Wash bottles, nipples, rims, lids in warm soapy water with brushes. Rinse well.</p>  |
| <p>3. Sterilize washed items in a pot of boiling water for 5 minutes.</p>  | <p>4. Wash top of the can with a cloth under running water.</p>  |
| <p>5. Shake the can well. Always check expiry date.</p>  | <p>6. Open can with sterile opener.</p>  |

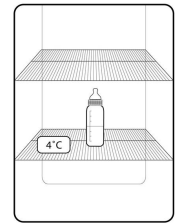
7. Pour the correct amount of prepared formula into sterile bottles.



8. Place nipple, rim and cap onto bottle with sterile tongs. Tighten with your clean hands.

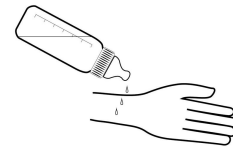


9. Place formula in the fridge. Use within 48 hours.



Warming the Formula

1. In hot water warm the bottle to room temperature. Shake and swirl bottle well. Test a few drops on your wrist.



Throw away leftover formula after 2 hours.

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