

Concentrated formula is safe when prepared correctly. For information on making an informed decision on how to feed your baby talk to your health care provider or public health nurse. See [Tip Sheet #1](#) for important facts.



Wash hands and counter with soap and water. Have all your sterile feeding equipment ready (See [Tip Sheet #2](#)).



Wash the top of the can or plastic formula container with hot water and soap. Check the expiry date on the can. Shake the can well and open with a sterilized can opener.



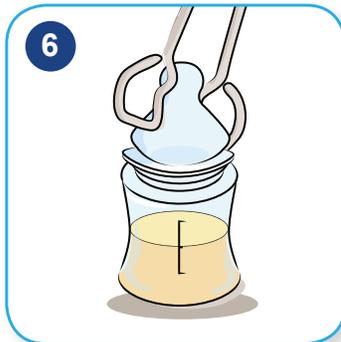
See [Tip Sheet #2](#) on how to sterilize the water used to make formula. Read the label to see how much formula and water to use for one feed. Pour and measure sterilized water that has been cooled down to room temperature into a sterilized bottle.



Measure an equal amount of formula for one feeding.



Add an equal amount of formula for one feeding into the sterilized bottle.



Use sterilized tongs to pick up nipple, ring and bottle cap.



Tighten the ring with your hands. Be careful not to touch the nipple with your hands.

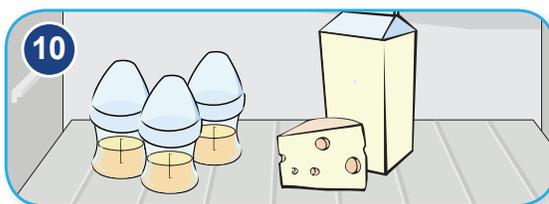


Mix by gently shaking the bottle.



**AFTER
2
HOURS**

Feed your baby in response to baby's feeding cues (See [Tip Sheet #6](#)). Throw out formula that your baby doesn't drink after 2 hours.



It is safest to use a freshly prepared bottle each time you feed your baby. If you prepared the bottles with warm/hot water, cool the bottles quickly under cold running water or in a container of cold water. Once cooled, place them in a refrigerator and use within 24 hours.

Opened cans of liquid infant formula should be covered, refrigerated immediately and can be stored for up to 48 hours in the refrigerator.

For information on how and when to feed your baby see:

- Pages 16-20 in the booklet [Infant Formula: What You Need To Know](#).
- [Tip sheet #6](#).

Infant formula can be recalled. Recall information can be found on the Health Canada website at www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php.

