



Infant formula preparation guidelines

Your infant's health depends on carefully following the proper preparation, use, and storage instructions for infant formula. Talk to your infant's doctor about the appropriate formula for your infant.

Before you prepare any formula

- ✓ **Wash your hands** thoroughly with warm water and soap
- ✓ Make sure that the product is within the **"Use By"** or **expiration date** printed on the container
- ✓ Make sure the container is **not dented or damaged** in any way
- ✓ **Always read and follow** the formula mixing instructions on product label

NOTE: Sterilization (or boiling) of water and utensils is recommended; your doctor will advise if it is not necessary. If boiling water, bring to a rolling boil for 1 minute, cool to room temperature, and then follow manufacturer directions on the package.

Infant formula comes in three types:

Ready-To-Feed Formula No water or measuring is required	Liquid Concentrate Formula Add water and shake to prepare	Powdered Formula Add powder to premeasured water and shake to prepare
1 Wipe off the container	1 Wipe off the container	1 Wipe off the container
2 Shake the container well and open it	2 Shake the container well and open it	2 Make sure that the scoop that came with the formula is clean and dry
3 Using a clean bottle, follow package instructions and pour in enough formula for one feeding; do not add anything to the formula	3 Follow package instructions and fill the bottle with the right amount of water and formula for one serving	3 Decide how much formula you want to make, and follow package instructions to fill the bottle with the right amount of water for one serving
4 Attach the cap and nipple to the bottle, then shake the bottle well	4 Attach the cap and nipple to the bottle, then shake the bottle well	4 Fill the scoop with powdered formula, making sure the amount is level, and pour the appropriate amount of scoops of formula into the bottle
		5 Attach the cap and nipple to the bottle, then shake the bottle well

NOTE: Bottles of prepared infant formula should be consumed immediately and refrigerated only if necessary. Once feeding begins, use bottle within 1 hour or discard. If refrigerated, use contents within 24 hours.

WARNING: Powdered infant formulas are not sterile and should not be fed to premature infants or infants who might have immune problems unless directed and supervised by your infant's doctor. Do not use microwave to warm formula — microwaving could lead to uneven heating, and serious burns may result.

References:

World Health Organization. Booklet — "Safe preparation, storage and handling of powdered infant formula: guidelines." http://www.who.int/foodsafety/publications/micro/pif_guidelines.pdf. American Academy of Pediatrics. *Pediatric Nutrition*, 7th Edition. 2013. Pg. 68. <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Formula-Form-and-Function-Powders-Concentrates-and-Ready-to-Feed.aspx>.



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Directrices para la preparación de la fórmula para bebés

La salud de su bebé depende de seguir atentamente las instrucciones de preparación, uso y almacenaje adecuados para la fórmula de bebés. Hable con el médico de su bebé acerca de cuál es la fórmula adecuada para su bebé.

Antes de preparar cualquier fórmula

- ✓ **Lávese bien las manos** con agua tibia y jabón
- ✓ Asegúrese que el producto sea adecuado según la fecha **"Usar antes de"** o **fecha de vencimiento** que está impresa en el envase
- ✓ Asegúrese que el envase **no esté deforme ni dañado** de ninguna manera
- ✓ **Siempre lea y siga** las instrucciones de mezclado de la fórmula descritas en el envase

NOTA: Se recomienda esterilizar (o hervir) el agua y los utensilios; su médico le indicará si esto no es necesario. Si hierve el agua, deje que hierva durante 1 minuto, espere a que enfríe a temperatura ambiente y luego siga las instrucciones del fabricante que se incluyen en el envase.

La fórmula para bebés viene en 3 tipos

Fórmula lista para usar No se necesita agua ni medida	Fórmula líquida concentrada Agregue agua y agite para preparar	Fórmula en polvo Agregue el polvo al agua que ya midió y agite para preparar
1 Limpie el envase	1 Limpie el envase	1 Limpie el envase
2 Agite bien el envase y ábralo	2 Agite bien el envase y ábralo	2 Asegúrese de que la cuchara que acompaña la fórmula esté limpia y seca
3 Con un biberón limpio, siga las instrucciones del paquete y vierta suficiente cantidad de la fórmula para una comida; no agregue nada a la fórmula	3 Siga las instrucciones del paquete y llene el biberón con la cantidad correcta de agua y fórmula para una comida	3 Decida cuanta formula desea hacer y siga las instrucciones detalladas en el envase para llenar el biberón con la cantidad adecuada de agua para una comida
4 Coloque la tapa y la tetina en el biberón, después agite bien el biberón	4 Coloque la tapa y la tetina en el biberón, después agite bien el biberón	4 Llene la cuchara con la fórmula en polvo asegurando que la cantidad esta nivelada y luego agregue la cantidad adecuada de cucharas en el biberón según las instrucciones
		5 Coloque la tapa y la tetina en el biberón, después agite bien el biberón

NOTA: Los biberones con fórmula preparada para bebés se deben consumir de inmediato y se deben refrigerar sólo si es necesario. Una vez que inicie la alimentación, utilice el biberón en la siguiente hora o deséchelo. Si lo refrigera, utilice el contenido en 24 horas.

ADVERTENCIA: Las fórmulas en polvo para bebés no están esterilizadas y no se deben dar a los bebés prematuros ni bebés que puedan tener problemas inmunológicos a menos que lo indique y supervise el médico de su bebé. No utilice el horno de microondas para calentar la fórmula, pueden ocurrir quemaduras serias.



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Referencias:

World Health Organization. Booklet —“Safe preparation, storage and handling of powdered infant formula: guidelines.” http://www.who.int/foodsafety/publications/micro/pif_guidelines.pdf. American Academy of Pediatrics. *Pediatric Nutrition*, 7th Edition. 2013. Pg. 68. <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Form-Formula-Form-and-Function-Powders-Concentrates-and-Ready-to-Feed.aspx>.

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Breastmilk storage instructions

Breastmilk storage is easy once you get the hang of it.



- Wash your hands before expressing or handling breastmilk.
- Store breastmilk in clean containers, such as screw cap bottles or bags designed to store breastmilk that fit directly onto breast pumps. Avoid using ordinary plastic storage bags that could easily leak or spill.
- Clearly label and date expressed milk.
- Store in refrigerator or freezer (depending on when you will use it).
- Do not add fresh milk to already frozen or chilled refrigerated milk.
- **Never** refreeze breastmilk after it has been thawed.

Condition	Temperature	Breastmilk Storage	Length of Storage
Room temperature	77°F or colder	Freshly expressed	Up to 4 hours
Refrigerator 	40°F	Store milk in the back of the refrigerator for a more stable temperature	Up to 4 days
Frozen milk thawed in the refrigerator  	40°F	Store milk in the back of the refrigerator for a more stable temperature	Up to 24 hours
Freezer   	0°F or colder	Frozen after a few days in the refrigerator/ frozen right away	6 months optimal 12 months acceptable



Thawing & feeding breastmilk



Simple tips
to help make
sure your thawed
breastmilk will be
safe for your baby.



Thawing breastmilk

- **Night before.** Frozen milk is best thawed in the refrigerator the night before it will be used.
- **Warm water.** Frozen and refrigerated milk can be thawed under running warm (not hot) water or placed in a container of warm water for 20 to 30 minutes before a feeding.
- **Mix it up.** Gently rock the thawed milk to help mix the fat layer back into the rest of the milk.
- **Temperature test.** Shake a few drops of breastmilk onto your wrist; liquid is a safe temperature if it feels barely warm on the skin.
- **Never combine.** Never add fresh breastmilk for storage to refrigerated or frozen breastmilk.
- **24 hours.** Defrosted breastmilk is good for up to 24 hours if kept in the refrigerator under appropriate conditions.

Feeding breastmilk

- **First in, first out.** Feed the oldest stored milk first.
- **One to two hours.** Once milk is offered and exposed to baby's saliva, any unconsumed milk should be discarded within one to two hours after a feeding begins.

NEVER THAW OR HEAT BREASTMILK IN A MICROWAVE.

In addition to creating hot spots in the liquid that may burn your baby, the microwave may destroy some of the breastmilk's nutrients.



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