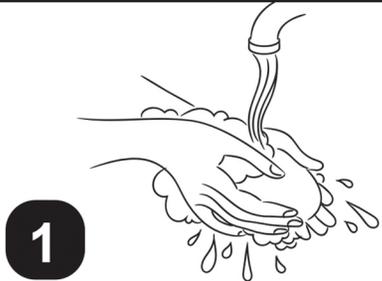


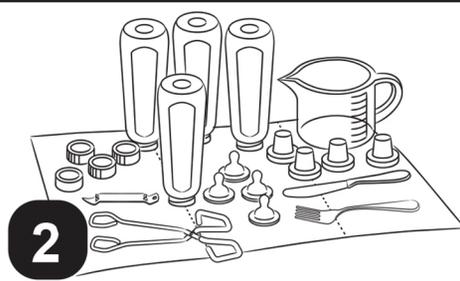
How to prepare powdered infant formula for healthy, term infants

Powdered infant formula is not sterile and may contain bacteria that are harmful to newborns.

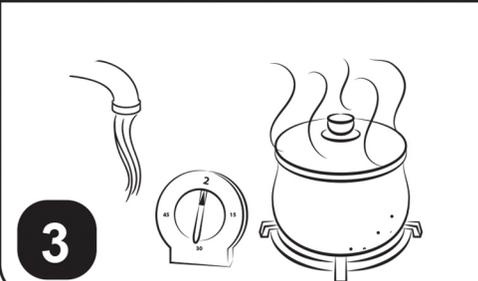
Wash hands and counter with soap and water.



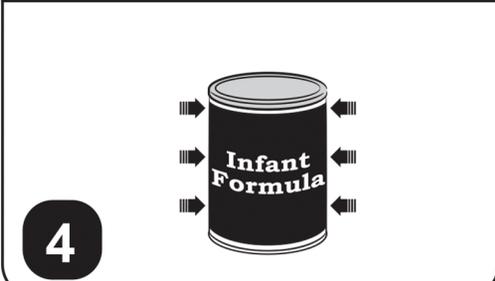
Have sterilized equipment ready on a clean towel.



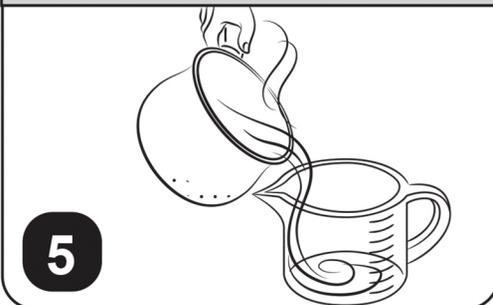
Before filling the pot, let cold tap water run for up to 2 minutes. Fill the pot, and bring water to boil for 2 minutes. Let the water cool to room temperature.



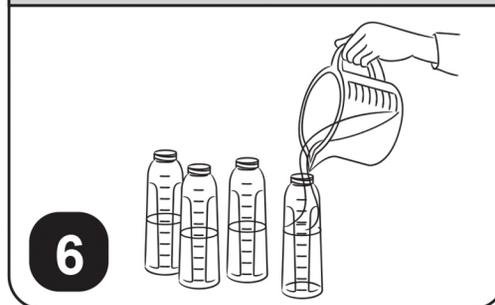
Check the expiry date and make sure there are no dents on the container. Read the label to see how much water and powder to use.



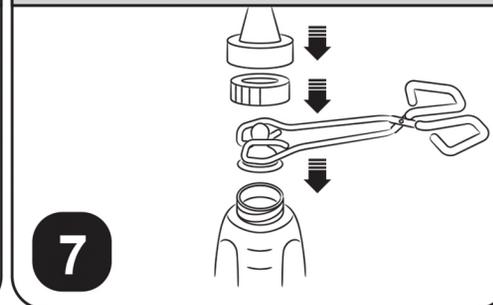
Pour the boiled cooled water into a sterilized glass measuring cup.



Pour the amount of water needed for one feeding in each bottle.



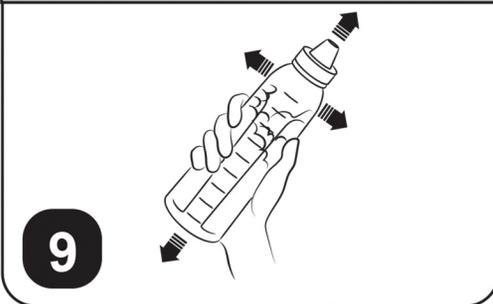
Pick up nipples, rims and caps with sterilized tongs and put on bottles. Tighten with your hands.



Just before feeding, fill scoop from can with powder and level with a knife. Add the required number of scoops of powder to one bottle



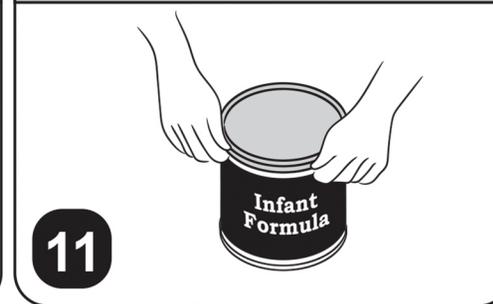
Shake bottle well to mix.



Feed the bottle right away. Throw out formula after 2 hours.



Cover properly and store container in a cool dry place. Use within 1 month.



Call **Middlesex-London Health Unit** to speak to a Public Health Nurse
519-663-5317

Monday to Friday, 8:30am - 4:30pm
www.healthunit.com/infant-formula

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