Infant Formula Mixing Instructions

Always wash your hands for 30 seconds and use clean equipment to mix formula.

POWDER FORMULA: ______________ calories per ounce

1. Using a household measuring cup, measure:
   __________ cup(s) of ____________________ formula
   [ ] packed powder     [ ] unpacked powder
   __________ cup(s) of water
   or
   Using the scoop from the formula can, measure:
   __________ scoop(s) of ____________________ formula
   [ ] packed powder     [ ] unpacked powder
   __________ ounce(s) of water

2. Pour water into a clean bottle or pitcher.
3. Add the powder.
4. Mix the formula well. Do not use the blender. Use a spoon or shake the bottle with the lid secured.
5. Cover and refrigerate the prepared formula up to 48 hours in the refrigerator.
6. When ready to feed your baby:
   a. Shake the formula mixture.
   b. Pour desired amount of formula into baby bottle.
   c. Warm the formula by placing the bottle (with sealed lid) in a pan of warm water.
   d. Hold and feed your baby.
   e. Throw away any formula left in the bottle when your baby is finished drinking or within an hour after feeding your baby.

Safety Precautions:

- Use prepared formula within 48 hours (2 days) of mixing.
- Do not use a microwave oven to warm your baby’s formula. Formula may not heat evenly, leaving hot spots that could burn your baby’s mouth.
- Please call _____________________, Nutritionist at (816) 234-3468 if you have any questions or concerns.
LIQUID CONCENTRATE FORMULA: _____________ calories per ounce

1. Pour one 13 ounce can of formula concentrate into a clean pitcher (or other large container).

2. Add _______________ ounces of water.

3. Mix the formula well.

4. Cover and refrigerate the prepared formula.

5. When ready to feed your baby:
   a. Shake the formula mixture.
   b. Pour desired amount of formula into baby bottle.
   c. Warm the formula by placing the bottle (with sealed lid) in a pan of warm water.
   d. Hold and feed your baby.
   e. Throw away any formula left in the bottle when your baby is finished drinking or within an hour after feeding your baby.

Safety Precautions:

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