

# Food Safety for Families

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## Safe Practices for Formula Feeding

Dear Parents,

There is a lot to think about when it comes to infant formulas. Many types of formula are on



the market and each is prepared and stored differently. First, ask your Doctor if he/she recommends a certain type of formula for your baby. Then, read

and follow the instructions on the label. Infants have a higher rate of many foodborne illnesses than adults. It takes less bacteria (germs) to make an infant sick than it does for an adult. Harmful bacteria are more serious for infants because their immune systems are not fully developed.

### **Wash Baby Bottles Between Each Use**

Wash baby bottles with hot soapy water and rinse with hot water or wash baby bottles in a dishwasher. Bottles and nipples can also be boiled to sterilize them before use. Bottles should always be clean before you fill them with formula, juice or other liquid for baby.

## Step-by-Step: Making Powdered Formula

- ◆ Wash your hands with water and soap.
- ◆ Measure the amount of water needed to mix formula properly.
- ◆ If using tap water, heat water to 149 degrees for at least one minute.
- ◆ Otherwise, use sterile bottled water. Not all bottled water is sterile. It will be stated the label.
- ◆ Let water cool; you do not want to scald your baby. Also, formula can clump together if added to hot water.
- ◆ Measure and mix powder with water. Always follow measurement instructions on formula label.
- ◆ Make sure the milk is cool. Burns are very painful and stressful for your baby.
- ◆ Transfer mixed formula to a clean, sanitized bottle.
- ◆ You are ready to feed your infant!
- ◆ Discard any formula left at room temperature for longer than 2 hours.

**Remember that formula should be made for immediate use. If you need to store UNUSED formula, keep it in the coldest part of your refrigerator (40 degrees or lower) up to 24 hours.**

**Do NOT store leftover formula from a feeding— Always discard formula left in the bottle after 2 hours!**

## Safe Practices for Formula Feeding



### **FightBac!®**

Bacteria (germs), viruses and parasites are everywhere in the environment! They are organisms that you cannot see, smell, or taste. In fact, they can contaminate food and cause life-threatening illness. Foodborne illness (food poisoning) can strike anyone, especially young children, infants, pregnant women (it endangers their unborn babies too), older adults, and persons with weak immune systems.

## Formula Frequently Asked Questions

### **1. What are the different types of infant formula?**

Baby formula is available in three forms: ready-to-feed, concentrated liquid and powder. Ready-to-feed is used "as is." Concentrated liquid and powder must be mixed with water according to instructions on the label. Ready-to-feed and concentrated liquid baby formulas are commercially sterile. Powdered formulas are not sterile.

### **2. Should infant formula be frozen?**

The use of infant formula after freezing is not recommended. Physical separation of the formula may occur, making it hard for your baby to swallow.



### **3. Is it OK to add cereal to my baby's bottle?**

Cereal should not be added to bottles. Infants should be at least 3 months old before adding foods to their diet.

### **4. Should I stop using Infant formula when my baby starts eating solid foods?**

No. During this time, either breastfeeding or infant formula should be continued during the first year of life; even after solid foods have been introduced.

