

How do I prepare powdered formula?

Carefully follow the mixing instructions on the formula tin to find out how much water and how much powder you need to prepare the formula correctly. Tap water, filtered tap water, nursery water, or boiled water can be used to prepare formula. The tap water in Dallas is safe for consumption and has the recommended amount of fluoride (excessive fluoride in water has been shown to cause fluorosis, splotchy white or brown stains on the teeth that can sometimes lead to pitting of the tooth enamel) that is considered safe for infants and children. Using filtered tap water will further reduce the amount of fluoride present in water as well as reduce other impurities that can be present. If you prefer to use boiled water:

- Bring water to a rolling boil in a covered pot on the stove or in a kettle that does not have an automatic shut-off, and keep boiling for 1 minute.
- The water used to mix with the powder should be at least 70° C (158°F).
- Mix the correct amount of hot water and powdered formula in a sterilized bottle. Take care to avoid scalds.
- Put a ring and nipple on the bottle and mix thoroughly by gently shaking or swirling the bottle.
- Formula prepared with hot water is too hot to feed to your baby.
- Quickly cool it by carefully placing the bottle under cold running water or in ice water.
- Make sure the cold water is below the ring of the bottle.
- Once the bottle has been cooled, make sure it is a comfortable temperature.
- Test a few drops on the inside of your wrist before feeding your baby.

How do I store prepared powdered formula?

Once opened, powder formula containers should be closed and stored in a cool, dry place — not in the refrigerator. Avoid extreme temperatures. Use contents within one month. Once mixed, feed immediately or refrigerate in a sealed container, and use within 24 hours. See the label for specific instructions. Do not leave prepared formula at room temperature and do not freeze it, because doing so can cause the protein and fat to separate. If your baby does not finish a bottle of formula within one hour, throw it away. Do not save it for later. During a feeding, your baby's saliva can contaminate the formula in the bottle. Once this occurs, reheating or refrigerating will not kill the bacteria. If you warm the formula and your baby decides not to take it, do not refrigerate it and reheat it again later. Throw it out instead.