

Preparation of Formula Feeds

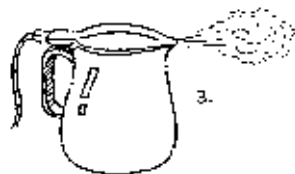
There are two ways of making up formula feeds. You can either make up individual feeds as necessary, or make sufficient for 24 hours and pour this into individual bottles.



1. Always wash hands before preparing baby's food.



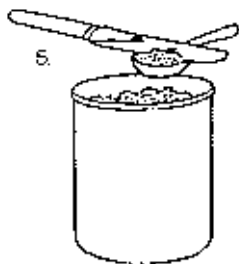
2. Make sure bottles and teats are perfectly clean.



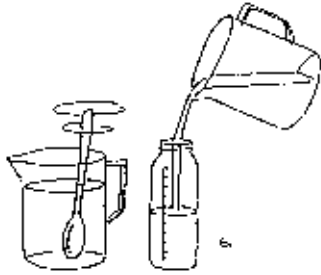
3. Boil water for 30 seconds, or if an automatic kettle boil to automatic cut-off. Allow the water to cool.



4. When water is lukewarm, pour correct amount into bottle or jug.



5. Add correct number of feeding scoops. Firstly, scoop a generous amount of powder into the measuring scoop provided, then level the powder by passing the flat edge of the knife blade across the rim of the scoop. Add this to the bottle or jug.



6. 24 hour supply - Mix until powder has dissolved. Pour formula into required number of bottles. Cap and refrigerate. Discard unused formula after 24 hours and prepare a fresh batch.

Or



Individual feeds - Put the cap on the bottle and shake until powder dissolves.

Prepared formula that is not going to be used immediately should be stored in the refrigerator.

Helpful Hint:

- If you are going out take a bottle of boiled water with the correct amount for a feed and a container with the correct amount of powder. You can make the bottle when the baby needs a feed.
- Discard contents of partially used bottles after an hour
- Check expiry date on formula containers and discard if out of date. Discard any opened container of formula after a month
- Time taken to warm a formula should not exceed 10 minutes