

HOW TO SAFELY PREPARE POWDERED INFANT FORMULA

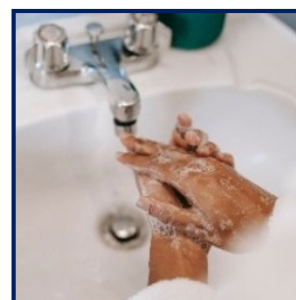


The World Health Organization recommends exclusive breastfeeding during the first months of life. However, there are situations in which breastfeeding is not possible or is simply delayed. In these cases, it may be necessary to use infant formula, either as a supplement (often temporarily) or as the baby's only source of nutrition. It is therefore important to know the correct way to prepare this food safely. For advice on choosing the most suitable type of infant formula, consult your baby's pediatrician.

- 1- **Clean and sanitize** the surface used to prepare the bottle.



- 2- **Wash your hands thoroughly:** wet your hands with water, rub with soap for at least 15 seconds, rinse well, dry with a clean towel, and turn off the tap using the towel or your elbow.



- 3- **Fill a container** with 1 liter of fresh tap water or bottled low-mineral water and bring it to a boil. Let it cool, covered with a lid, for no more than 30 minutes, so that the water reaches a temperature of about 70°C (158°F). If using an electric kettle, wait until it switches off automatically. **Never use** a microwave oven, as it does not ensure even heating.



- 4- **Carefully read the instructions** on the powdered formula package. It is very important to follow the recommended ratio of water to formula powder in order to avoid harm to the baby.



- 5- **Pour the hot water (70°C) into the bottle**, making sure the amount is correct. Generally, 30 mL of water are needed for each level scoop of powder (you will usually find a 30:1 ratio on the package). Examples: 30 mL water + 1 scoop, 60 mL water + 2 scoops, 90 mL water + 3 scoops.



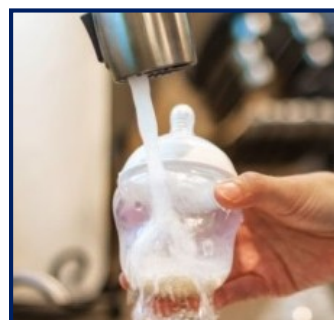
- 6- **Fill the scoop** provided in the formula container and level it off, **without pressing** the powder down, using a clean, dry knife. Add the required amount of powder to the water.



- 7- **Attach the teat/nipple** to the bottle, cover with the cap, and shake well until the powder has completely dissolved.



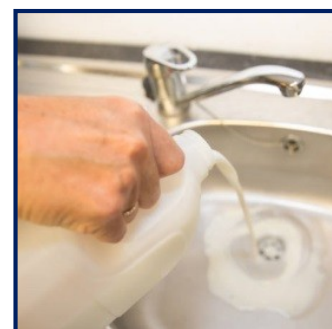
- 8- **Cool the bottle** under running water until it reaches a suitable feeding temperature.



- 9- **Test the temperature** of the milk by placing a few drops on the inside of your wrist: it should feel warm, not hot.



- 10- If any milk is left over, **do not keep it** for the next feeding. **Throw it away.**



If you need to feed your baby away from home, bring with you:

- The measured amount of powdered formula in a small, clean, dry container
- An insulated container with previously boiled water kept at 70°C (158°F)
- An empty, sterilized bottle with teat/nipple and cap

Prepare the bottle just before feeding time.

If it is not possible to prepare the bottle at the time of feeding, prepare the formula carefully at home and follow the storage guidelines below:

Reconstituted powdered infant formula	
Stored:	Use within:
in the refrigerator	24 hours
in a cooler bag with an ice pack	4 hours