

Keep Germs Out of the Milk

Infant formula grows germs easily. You can keep your baby from getting sick by throwing out formula that may have gone bad.

- Look at the “use by” date on cans of formula. Only use the can if the month and year listed on the can have not yet arrived.
- Throw away milk that your baby leaves in the bottle after feeding. Your baby’s germs will grow in the leftover milk and make him sick.
- Store powdered formula in a cool, dry place with the plastic lid on top. Do not put it in the refrigerator.
- Throw out old formula. Germs grow slowly in the refrigerator. Unused formula or breastmilk left in the refrigerator too long can make your baby sick.

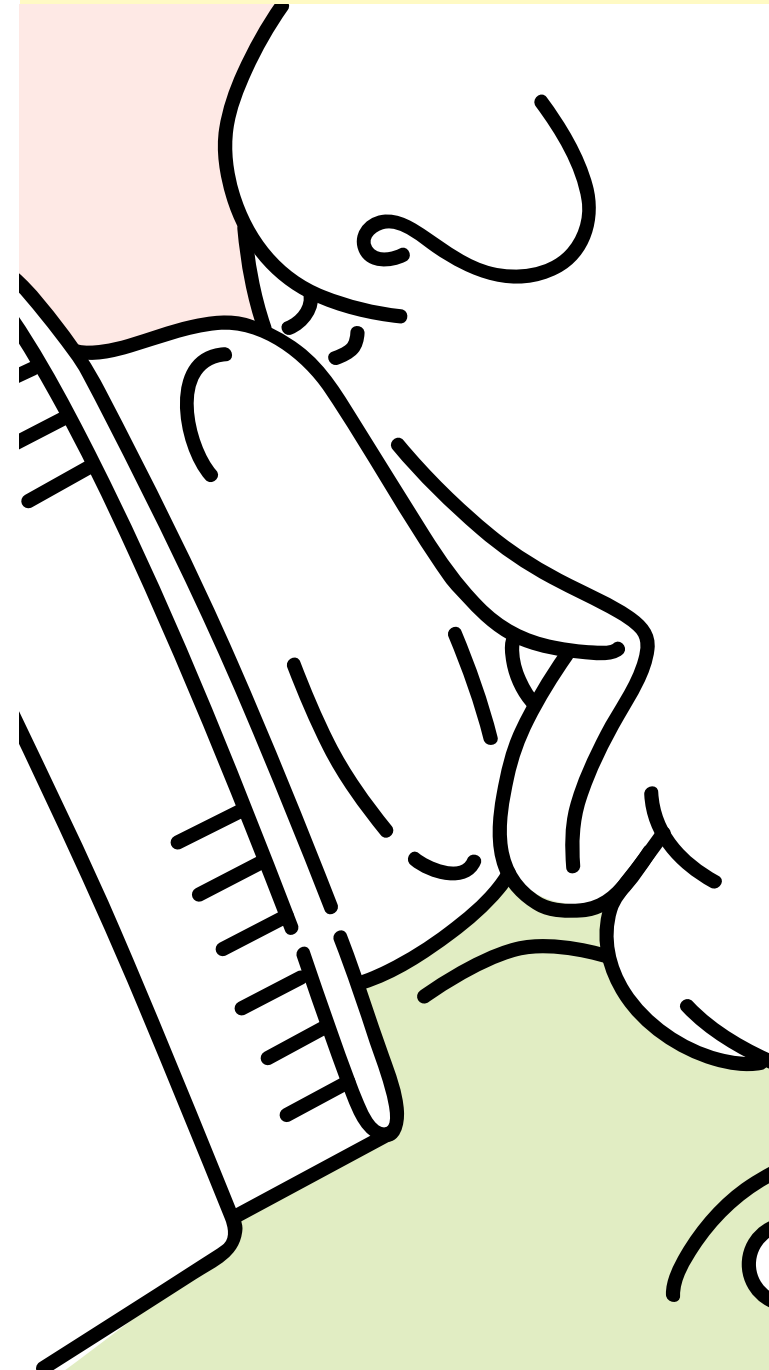
Here is when to throw out your baby’s milk:

Bottles of unused formula.....after 24 hours

Open cans of ready-to-use and concentrate formula..... after 48 hours

Open cans of powdered formula after 1 month

For Healthy Babies, Handle Bottles Safely



Handling your baby’s bottles safely helps to keep your baby well and happy. By keeping your baby’s bottles clean and stored in the refrigerator you can help your baby avoid germs that cause stomach problems.

Keep Bottles Clean

- Until your baby is 3 months old, boil water for formula, wash bottles, bottle caps, and nipples in the dishwasher or hand-wash, rinse, and boil the bottles for five minutes just before filling them. Look inside for more information on cleaning bottles.
- If your baby is premature, ask your doctor when you can safely stop boiling water for formula and sterilizing bottles.
- Use a bottle only once, then clean it before using it again.



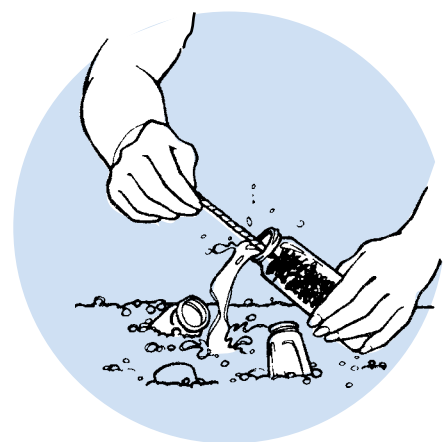
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1. Wash your hands with soap and hot water. Rinse well.



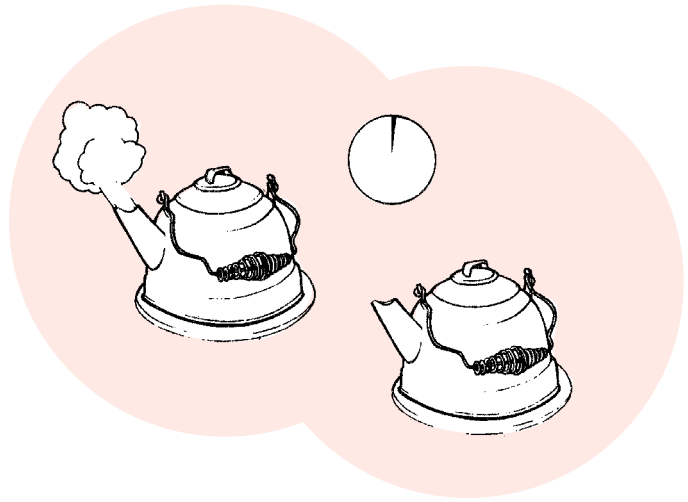
2.* Before using bottle and nipples, wash them with soap, hot water and a bottle brush. Also, wash the bottle lids and other things you use to mix the formula. Rinse everything very well.



3.* Place the bottles, nipples, rings, and lids in a pot filled with enough water to cover them but not boil over. Cover the pot and boil on your stove for five minutes.



4. When making infant formula, boil clean water for one minute and let it cool. Use the water to make the formula.

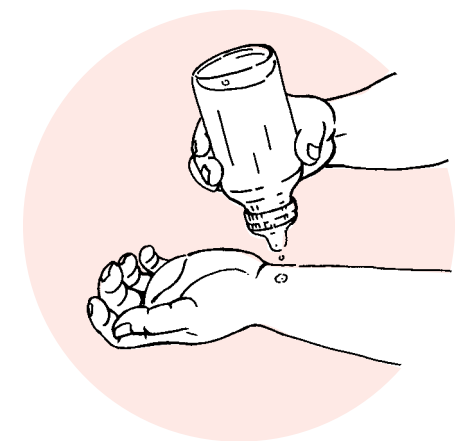


Keep Bottles Cold

- Store unused bottles of formula in the refrigerator until you are ready to feed your baby.
- Cover opened cans of liquid formula and store them in the refrigerator.

When You Go Out with Your Baby

- Take a cold, premixed bottle of formula from the refrigerator. Wrap it in a cloth to keep it cold. Use it within two hours of getting it out of the refrigerator.
- Or try the better choice for carrying formula for more than two hours: take powdered formula and a bottle of water with you. Mix the formula when your baby is hungry.
- Or, even better, breastfeed. Texas law gives you the right to breastfeed wherever you go.



Warming Bottles to Feed Your Baby

- Put the bottle in a pan of hot (not boiling) water for five minutes. Shake and test the temperature before feeding your baby. To test the temperature, put a drop of formula on the inside of your wrist. If the liquid burns or feels too hot on your wrist, it is too hot to give to your baby. Give your baby warm, not hot, formula!
- Do not heat bottles in the microwave. Some parts of the milk can become very hot and burn your baby's mouth or throat.

** Skip steps 2 and 3 if you have a dishwasher that will sterilize your baby's bottles.*