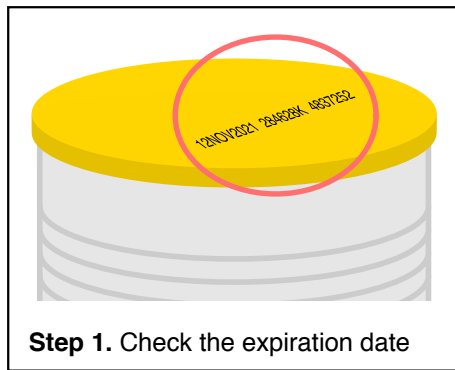


# How to Make Formula

kidsit.com/baby-formula-guide



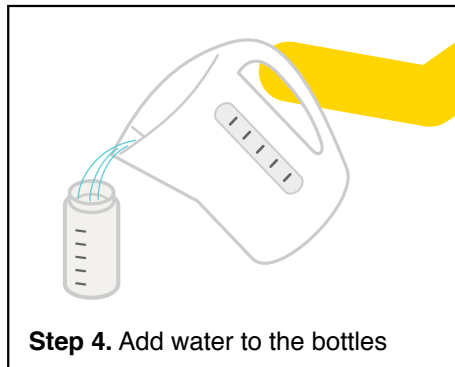
**Step 1.** Check the expiration date



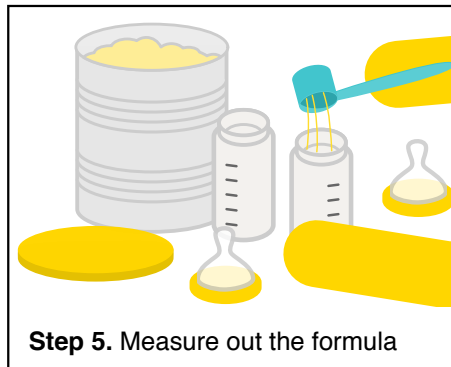
**Step 2.** Wash your hands



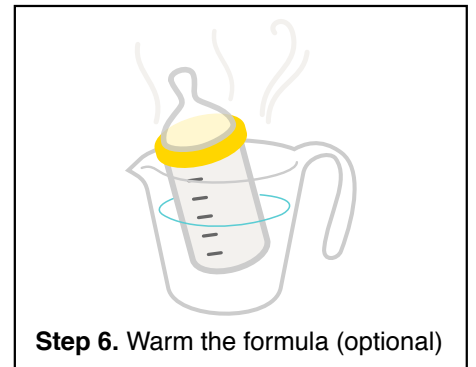
**Step 3.** Get your bottles ready



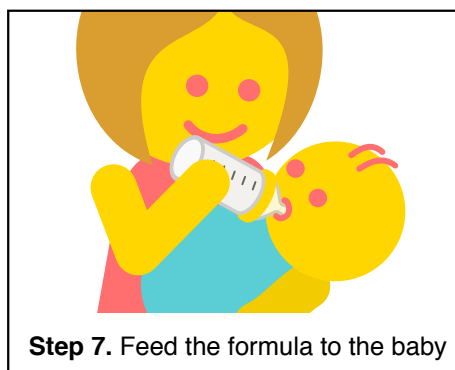
**Step 4.** Add water to the bottles



**Step 5.** Measure out the formula



**Step 6.** Warm the formula (optional)



**Step 7.** Feed the formula to the baby

## How to Store Formula

- ✓ Refrigerate formula that has been out for less than one hour
- ✓ Formula can be kept in the fridge for up to 24 hours
- ✓ Keep preparation areas clean and dry to avoid bacteria contamination
- ✓ Discard formula that has been exposed to your baby
- ✗ Never freeze formula because it can destroy valuable nutrients

