How to Make Formula

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.