

# HOW TO PREPARE LIQUID CONCENTRATE INFANT FORMULA



1. Disinfect kitchen counter and wash hands with soap and water.



2. Have sterilized equipment ready on clean paper towel.



3. Before filling the pot, let cold tap water run for up to 2 minutes (use approved filter if you have lead pipes). Fill the pot, and bring water to boil for 2 minutes. Let the water cool - use within 30 minutes.



4. Check the expiry date and make sure there are no dents on the can. Read the label to see how much water and liquid concentrate to use. Wash top of can with warm water.



5. Shake the can well before opening it with a sterile can opener.



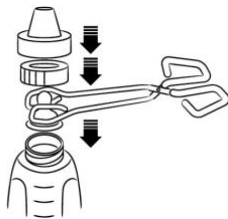
6. Pour the amount of boiled water needed into a sterilized glass measuring cup.



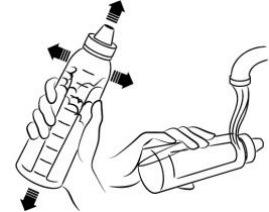
7. Add the liquid concentrate to the boiled water. Follow the instructions on label to know the amount. Stir well with a sterile fork.



8. Divide infant formula in sterile bottles by pouring the amount of infant formula needed for one feeding in each bottle.



9. Pick up nipples, rims and caps with sterilized tongs and put on bottles. Tighten with your hands.



10. Shake bottle well to mix. Cool bottles under cold running water or in a container of cold water.



11. Put prepared bottles in refrigerator. Use within 24 hours.



12. If there is any liquid concentrate leftover in the can, tightly cover the opened can and put it in the refrigerator. Use within 48 hours.

**For more information on infant formula recalls, please visit the Canadian Food Inspection Agency website [www.inspection.gc.ca](http://www.inspection.gc.ca).**

Adapted with permission from Ottawa Public Health.

