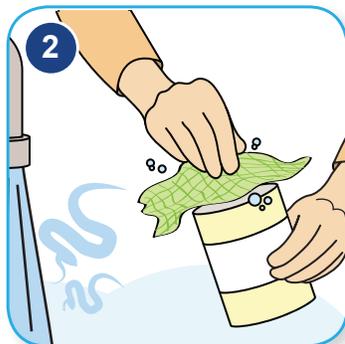


Ready-to-feed formula is sterile and is the safest formula. For information on making an informed decision on how to feed your baby talk to your health care provider or public health nurse. See [Tip Sheet #1](#) for important facts.



1 Wash hands and counter with soap and water. Have all your sterile feeding equipment ready (See [Tip Sheet #2](#)).



2 Wash the top of the can or plastic formula container with hot water and soap. Check the expiry date on the can. Shake the can well and open with a sterilized can opener.



3 Pour the formula directly into a clean and sterilized bottle. Do not add water to ready-to-feed formula.



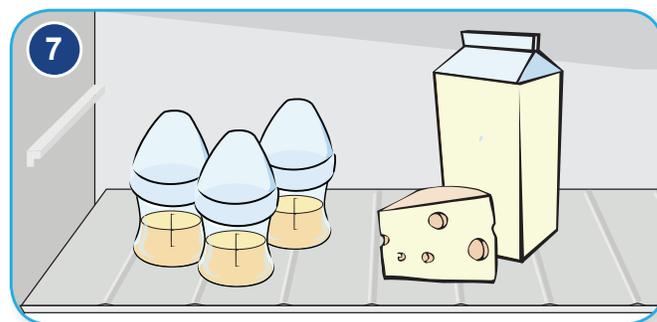
4 Pick up nipple, cap, and ring with sterilized tongs and put on bottle.



5 Tighten the ring with your hands.



6 Feed your baby in response to baby's feeding cues (See [Tip Sheet #6](#)). Throw out formula that your baby doesn't drink after 2 hours.



7 It is safest to prepare a fresh bottle each time you feed your baby and to feed it immediately. If more than one bottle is prepared, place them in a refrigerator and use within 24 hours.

Opened cans of liquid infant formula should be covered, refrigerated immediately and can be stored for up to 48 hours in the refrigerator.



For information on how and when to feed your baby see:

- Pages 16-20 in the booklet **[Infant Formula: What You Need To Know](#)**.
- **[Tip sheet #6](#)**.
- **Infant formula can be recalled.** Recall information can be found on the Health Canada website at www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php.