Preparing Baby Formula

Follow the directions on your baby’s formula package and if using tap water, start with cold tap water. **Do not** use warm or hot water from the tap! Some homes have plumbing with lead, and hot water (from the tap) can concentrate the lead. Run the tap water for 15-30 seconds and only use cold water – this will reduce your baby’s exposure to lead.

Also, you do not have to boil the tap water first. If you choose to do so, bring the water to a very bubbly boil, keep the water boiling for 1-2 minutes, and then let the water cool before mixing with the powdered formula.

You may warm your baby’s formula after mixing it with cold water, but you do not have do to so. To warm, fill a large pot or bowl with warm water from the tap and place bottle inside. **Never** warm your baby’s bottle in the microwave!

Remember; always check the temperature of the formula (on the inside of your wrist) before giving it to the baby.