

How to Prepare and Store Powdered Infant Formula After a Flood

For families who have been affected by flooding and use formula, ready-to-feed infant formula is one of the safest options. After a flood, tap or well water may not be safe to mix with powdered infant formula. Ready-to-feed formula is a liquid formula that can be fed to an infant without adding water. If a family chooses to use powdered infant formula, follow these steps to prepare and store it safely.



Step 1

Clean your preparation surface. Wash your hands with soap and water or use alcohol-based hand sanitizer with at least 60% alcohol. Use a clean bottle to prepare the infant formula.



Step 2

Use bottled water to prepare powdered formula until local authorities say the tap water is safe to drink.



Step 3

Use the exact amount of water and formula listed on the formula container instructions. Measure the water first and then add the infant formula powder with the scoop provided.



Step 4

With the lid on, shake infant formula in the bottle to mix.



Step 5

After feeding, be sure to thoroughly clean the bottle and nipple with soap and safe water.

Use Quickly and Store Safely

- Use prepared infant formula within 1 hour from start of feeding and within 2 hours of preparation.
- If you are not going to use the prepared formula within 2 hours, store it right away in the refrigerator and use within 24 hours.
- When mixing infant formula, make only the amount your baby will eat to avoid wasting.
- Throw out any formula that's left over in the bottle after feeding your baby. Do not refrigerate it to save for later.

Remember

- Do not make or feed your baby homemade infant formula. Feeding homemade infant formula to your baby can lead to serious health problems for your baby.
- Keep powdered formula lids and scoops clean and dry, and close containers of formula as soon as possible. Store the scoop inside the container.
- Watch and listen for updates from local authorities regarding the safety of your water source.

Did You Know?



When safe water is not available, bottles and bottle nipples may not be safe to use because they are difficult to clean. If you're using a disposable water bottle or other food-safe container to prepare formula, pour the formula into a disposable cup to feed your baby. After feeding, throw away the cup and use a new cup for each feeding.

Adapted from: [How to Prepare and Store Powdered Infant Formula During an Emergency](#), [Division of Nutrition, Physical Activity, and Obesity](#), [National Center for Chronic Disease Prevention and Health Promotion](#)