

ON THE ROAD...

Keep formula safe when you're out with your baby. Use an insulated bag with an ice pack to keep formula cold.

TIP: Freeze a plastic bottle of water to make your own ice pack!

Always keep dirty diapers away from bottles, toys and formula. Put only clean diapers in your diaper bag.



**PREVENT THE SPREAD OF GERMS.
WASH HANDS AFTER YOU...**

- ... use the toilet
- ... help a child use the toilet
- ... change diapers
- ... blow your nose or wipe a runny nose
- ... touch raw meat, poultry, fish or eggs
- ... clean up saliva, vomit or bathroom "accidents"

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HANDLE WITH CARE:



Keeping Baby's Formula Germ-free

THE STATE UNIVERSITY OF NEW JERSEY
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Babies are very sensitive to germs. Some germs can cause foodborne illness (“food poisoning”), which can make your baby sick.

The symptoms of foodborne illness may not sound serious—nausea, vomiting and diarrhea. But they can be serious—kidney failure, meningitis, even death.

It's easy to stop foodborne illness. Just follow these easy tips to keep your baby's formula germ-free. You'll have a happier and healthier baby!

SMART SHOPPING

Check “Use-by” dates. Don't buy formula if the date has passed or if you won't use it before the “Use-by” date. It won't be fresh.

Check formula cans and bottles. Buy the ones in good shape—no dents, cracks or bulging lids.

SAFE STORAGE

Store unopened liquid formula and opened powder formula in a cool, dry place.

Best choices are a cabinet or pantry that is not near the oven, hot water pipes or heating ducts.

Refrigerate open containers of ready-to-feed and concentrated formula.

PREPARING FORMULA

Always prepare formula and bottles in a clean, sanitized place. The kitchen is best.

You can kill germs and keep your baby from getting foodborne illness. Clean the kitchen counter/table with a sanitizing cleaner.

SANITIZING CLEANER

Mix 1 tablespoon bleach in 1 quart water and wash counters with this solution. Keep counters wet for 10 minutes. Let them air dry before you work on them.

TIP: Clean changing tables/mats, toys, high chair trays and table tops with the sanitizing cleaner, too. It helps prevent the spread of germs!

Wash up before you mix formula or fill bottles. Know how? Use hot running water and soap. Wash for 20 seconds; rinse; then dry with a paper towel.

Next, hand wash bottles, caps and nipples with hot, soapy water. Or, wash them in the dishwasher.

Rinse and then boil bottles, caps and nipples for 5 minutes just before filling. Don't use a towel to dry them. Air-drying is better and won't spread germs.

Use sterile water for mixing powder or concentrated formula. And, always follow the mixing directions. Use the exact amount of water.

Keep filled bottles of prepared formula in the refrigerator until just before feeding.

THROW-AWAYS

Throw away prepared bottles that your baby doesn't drink after 48 hours.

Throw away open containers of ready-to-feed or concentrated formula after 48 hours.

Baby didn't finish a bottle? Don't keep leftover formula that your baby doesn't drink. Why? Germs from the baby's mouth contaminate the formula. This may make the formula unsafe to drink later.

WARM UPS

Warm bottles by placing them in hot (not boiling) water for 5 minutes.

You can warm plastic bottles in the microwave if you're careful. Here's how:



Put at least 4 ounces of formula in the bottle.



Leave the cap, ring and nipple off of the bottle so heat can escape.



Heat 4-ounce bottles for no more than 30 seconds at full power.



Heat 8-ounce bottles for no more than 45 seconds at full power.



Put the nipple, ring and cap back on the bottle. Turn the bottle upside down 5-6 times.



Check warmed formula before you feed it to your baby. Place a few drops on the top of your hand to make sure it's cool to the touch—not hot.

Feed warmed formula to your baby right away. Germs grow in formula that sits around.

