

# Preparing formula in care settings

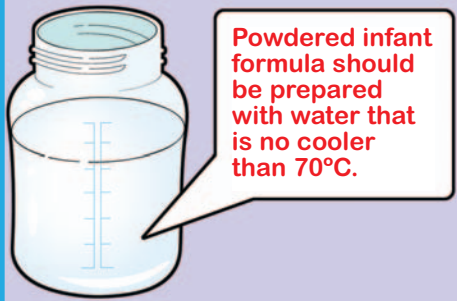
For infants at greatest risk, use sterile liquid infant formula.



## Clean & sterilize

Clean and sterilize all feeding and preparation equipment before using it.

**Why?** Cleaning and sterilizing kills harmful bacteria on equipment that may grow in the feed once it is prepared.



Powdered infant formula should be prepared with water that is no cooler than 70°C.

## Use water no cooler than 70°C

Use water that is no cooler than 70°C to prepare feeds from powdered infant formula.

**Why?** This temperature will kill harmful bacteria that may be present in powdered formula.



## Cool quickly and feed immediately

Once a feed is prepared, quickly cool to feeding temperature and feed immediately.

**Why?** The longer a feed is kept after it is prepared, the greater the chance that harmful bacteria will grow in it.



## Refrigerate feeds you want to use later

If you need to store feeds for use later - put them in the refrigerator (5°C or less).

**Why?** Low temperatures (5°C or less) will slow down or stop the growth of harmful bacteria.



## Throw out left-overs

Throw out feed that has not been consumed within two hours.

Throw out refrigerated feed that has not been used within 24 hours.

**Why?** The longer a feed is kept after it is prepared, the greater the chance that harmful bacteria will grow in it. Storing feeds in the refrigerator means that you can store them for a little bit longer.



World Health Organization

This document is published by the Department of Food Safety, Zoonoses and Foodborne Diseases, WHO, in collaboration with the Food and Agriculture Organization of the United Nations (FAO). E-mail: [foodsafety@who.int](mailto:foodsafety@who.int), Web site: [www.who.int/foodsafety](http://www.who.int/foodsafety)

© World Health Organization, 2007



This poster was prepared in collaboration with the Food Safety Authority of Ireland.