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Feeding Infant Formula

The decision about which infant formula to feed a baby is one for the baby's doctor and parents to make together.

Thus, consult with parents on the brand of formula prescribed by the baby's doctor for each baby in your care. Caregivers must offer an iron-fortified infant formula in order to obtain reimbursement unless breastmilk is provided. The baby's parent can decide to decline the infant formula offered and bring formula from home. A caregiver should ask the parent what kind of formula is being sent to the facility in home-prepared bottles and make sure the bottles are labeled with the baby's name, and the date and time the formula was prepared.

Iron-fortified infant formula is required to meet the meal pattern. In choosing iron-fortified formula, make sure the formula label says "with iron" or "iron-fortified." Soy-based, lactose-free milk-based, and specialized formulas are prescribed for a baby by a doctor and are used specifically for a medical problem. When one of these formulas has been prescribed, only that type of formula should be fed to the baby. If a baby's doctor indicates that a baby should be fed a special formula or a low-iron formula, a written statement from a doctor or other recognized medical authority must be on file at the facility in order for the formula to be reimbursable. The statement should specify the medical or other special dietary need that requires a different formula, the formula to be omitted, and the formula that may be substituted. See below for information on different types of formula.

Iron-Fortified Infant Formulas

Iron-fortified infant formula is the best food for the baby when he or she is not being breastfed or when a supplement to breastfeeding is needed. Iron-fortified infant formula is specially formulated to have the right balance of nutrients and to be easily digested by the baby. Iron is a very important nutrient during the baby's first year and serving iron-fortified infant formula is the easiest way to ensure adequate intake of iron. Some people may avoid iron-fortified formula because they think that the iron causes stomach aches and intestinal problems, but studies show that iron-fortified formula does not cause these symptoms.

Low-Iron Infant Formulas

Formula labels that say “low iron” do not meet the meal pattern. These formulas may be served only as a dietary substitution if an infant is unable to consume iron-fortified infant formula because of medical or other special dietary needs. These substitutions can be made only when supported by a statement from a recognized medical authority that indicates the recommended infant formula.

Follow-up Formulas

Follow-up formulas are designed for older babies and toddlers who are consuming solid foods and are not intended for dietary use as a sole source of food for babies. A statement from a recognized medical authority may be required under certain circumstances in order to serve these formulas to infants.

Exempt Infant Formulas

Exempt infant formulas are special infant formulas that are intended for use by babies who have an inborn error of metabolism or low birth weight or who otherwise have an unusual medical or dietary problem. Many of these formulas are iron-fortified, but still require a statement from a recognized medical authority for meals to be reimbursed.

Contact the State agency if you have questions about the types of infant formula that are approved or need a medical statement to be served in the Infant Meal Pattern.

Other Milks

The following milks are **not** recommended for babies less than 12 months of age and are **not** reimbursable in the Infant Meal Pattern:

- cow’s milk,
- evaporated cow’s milk or home-prepared evaporated cow’s milk formula,
- sweetened condensed milk,
- goat’s milk,
- soy milk (usually called soy beverage), or
- imitation milks, including those made from rice or nuts (such as almonds) or nondairy creamer.

These milks do not contain the right amounts of all the nutrients that babies need and can harm a baby’s health. Breastmilk is the most ideal for a baby and iron-fortified infant formula is the best substitute for breastmilk.

Water Used to Mix Concentrated or Powdered Infant Formula

If concentrated or powdered infant formula is prepared by the caregiver, he or she must ensure that the water used to mix the formula is from a source approved by the local health department. If there is doubt, the local health department should be asked to test the water to see if it is safe and does not contain anything that might harm a baby or child, such as lead, bacteria, nitrate, pesticides, or other chemicals. If the water is not safe for a baby to drink, the local health department should recommend a safe source of water to use or ready-to-feed formula can be used. Always sterilize the water used to mix with concentrated or powdered formula by bringing cold water to a very bubbly boil, boiling it for 1 to 2 minutes, and then allowing it to cool. Excessive boiling (over 5 minutes) is not recommended because it can concentrate lead and nitrate in the water. If tap water is used, collect only cold tap water for boiling by letting the cold tap run for 2 minutes and then collect the water; this procedure tends to reduce the amount of lead in the water should the pipes contain lead.



Use of Infant Formula for Babies Over 12 Months of Age

Some parents may request that the caregiver continue feeding their babies infant formula after 12 months of age. A transition time of 1 month (from the date an infant turns 12 months to 13 months of age) is permitted during which a medical statement is not required. If a parent requests that the caregiver continue to serve infant formula beyond the age of 13 months, a statement from a recognized medical authority needs to be on file.

Purchasing, Storage, Sanitary Preparation, and Handling of Infant Formula

Infant formula needs to be purchased, stored, prepared, and handled properly in order to be safe for a baby. Follow the specific health and safety regulations that are required by your State and local authorities for safe food handling. General tips for use of infant formula follow. See Figures 4a, 4b, and 4c for preparation checklists on how to prepare standard ready-to-feed, liquid concentrate, and powdered iron-fortified infant formula using sanitary methods.

Purchasing Cans of Formula

- Ready-to-feed formula is the most convenient and sanitary.
- If you are preparing liquid concentrate or dry powdered formula, it must be mixed very carefully according to directions on the container (Figures 4a, 4b, and 4c include preparation checklists for these standard, not special or exempt, infant formulas).

Adding too little water to formula puts a burden on the baby's kidneys and digestive system and may lead to dehydration. Adding too much water to formula may interfere with the baby's proper growth because it does not contain adequate calories and nutrients and can cause water intoxication.

- Instructions on using special formulas should be provided by the baby's doctor.
- Make sure the label says "with iron" or "iron-fortified."
- Do not purchase cans of infant formula that have dents, bulges, pinched tops or bottoms, puffed ends, leaks, or rust spots. The formula in such cans may be unsafe.
- Check the formula's expiration date on the lid or label to make sure the product is not too old. If the expiration date has passed, the nutrient quality of the formula may have deteriorated and you should not select the can.

Storing Cans of Formula

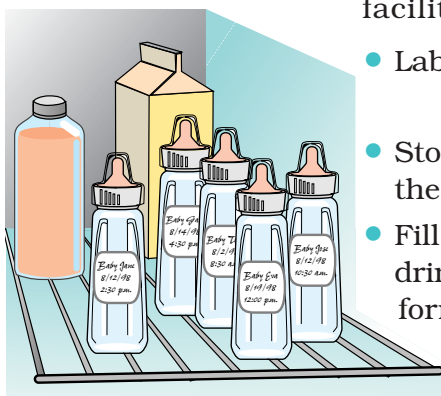
- Before using stored formula, check the expiration date on the lid or label to make sure the product is not too old. If the expiration date has passed, throw out the can.
- Store unopened cans of infant formula in a cool, dry indoor place—not in a refrigerator or in vehicles, garages, or outdoors (in these places, the cans are exposed to water and temperature extremes which can rust the can or affect the quality of the formula).

Handling of Formula Prepared By Parents

If parents prepare formula themselves and bring it to the facility, ask them to:

- Label the bottles with:

}	-the baby's name
	-the date and time the formula was prepared.
- Store the formula in hard plastic bottles if possible because these are unbreakable.
- Fill the bottles with the amount of formula the baby usually drinks at one feeding. Some bottles with 1 to 2 ounces of formula can be prepared for times when the baby wants some extra formula during the day.
- Carry bottles of formula to the facility in a cooler with an ice pack to keep it at a cold temperature.



Preparing Formula

- Clean and sanitize your workspace (see page 73).
- Wash your hands with soap and warm water (see page 71).

- Wash all equipment (nipples, bottles, rings, and caps) in hot soapy water and scrub, using bottle and nipple brushes.
- Rinse all equipment well in hot water.
- Disinfect nipples, bottles, rings, and caps by boiling for 5 minutes in a pot with enough water to cover, then remove with sanitized tongs, let cool, and air dry.
- If disposable plastic bottle liners are used:
 - Throw out the bag after one use; and
 - Clean and sterilize the nipples, rings, and caps, as described above.
- Before opening a formula can, wash can lid with soap and clean water and rinse to remove dirt that could contaminate the formula. Before using, wash the can opener with soap and hot water.
- Prepare the formula properly according to directions on the formula container. See Figures 4a, 4b, and 4c for a checklist of instructions for preparing standard ready-to-feed, liquid concentrated, or powdered iron-fortified infant formula.
- Put a clean nipple right side up on each bottle and cover with a nipple cap.
- Do not put cereal or other food in a bottle because this interferes with the baby's natural ability to obtain the right amount of calories, forces the baby to eat cereal, and may cause the baby to choke. Feeding cereal does not affect baby's ability to sleep.

Storing Bottles of Formula

- Make sure the bottles are labeled with the baby's name and the date and time the formula was prepared. Use bottles of formula only for the baby for which they are intended.
- Refrigerate prepared bottles until ready to use and use them within 48 hours from the time they were prepared. Store in the back of the refrigerator (colder area).
- To prevent spoiling, do not allow prepared bottles of formula to stand at room temperature. Do not feed a baby a bottle left out of the refrigerator for 1 hour or longer. Throw out prepared formula not used within 48 hours.
- Opened cans of formula should be covered, refrigerated, and used within 48 hours. Throw out formula that is not used within 48 hours.
- Do not freeze infant formula.
- Throw out any unused formula left in a bottle after a feeding and rinse the bottle in cool water to remove formula. Do not reuse a bottle containing formula after the baby has fed from it.



The mixture of formula with baby's saliva promotes the growth of disease-causing germs.

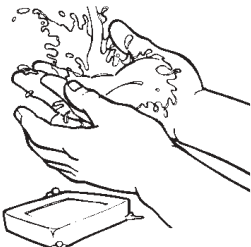
- Clean and sanitize bottles and their parts before reusing them, as described in *figures 4a, 4b, and 4c.*


Warming Infant Formula

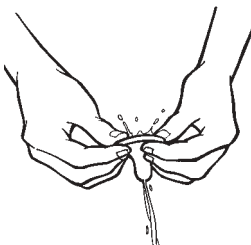
- For babies who prefer a warm bottle, warm the bottle immediately before feeding by holding it under running warm water. Warm only as much formula as you think the baby will need for a feeding.
- Always test the temperature of the liquid before feeding to make sure it is not too hot or cold. Shake the bottle well and test the temperature by squirting a couple of drops of the liquid onto your wrist or back of your hand. The temperature is correct when it feels neither warm nor cold.
- **Never use a microwave oven to heat the bottles—This is dangerous.** Liquid may become very hot when microwaved even though the bottle feels cool. The hot liquid could seriously burn babies. Covered bottles, especially vacuum-sealed, metal-capped bottles of ready-to-feed formula, can explode when heated in a microwave.

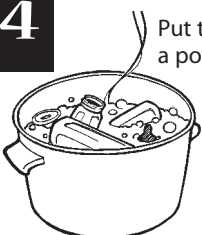
Figure 4a


Preparation Checklist for Standard Ready-to-Feed Iron-fortified Infant Formula (using glass or hard plastic bottles)


1  Wash your hands, arms, and under your nails, very well with soap and warm water. Rinse thoroughly. Clean and sanitize your workspace.


2  Wash bottles and nipples, using bottle and nipple brushes, and caps, rings, and preparation utensils in hot soapy water before using. Rinse thoroughly.


3  Squeeze clean water through nipple holes to be sure they are open.


4  Put the bottles, nipples, caps, and rings in a pot and cover with water. Put the pot over heat, bring to a boil, and boil for 5 minutes. Remove with sanitized tongs, allow the items to cool, and air dry.

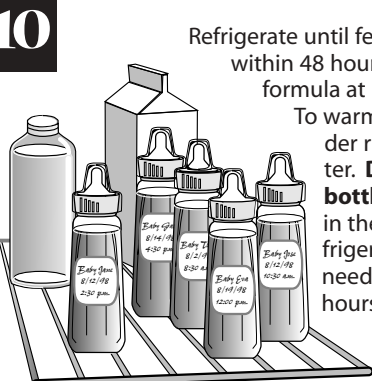
5  Wash the top of the can with soap and water and rinse well to remove dirt. Wash the can opener with soap and hot water.

6  SHAKE CAN WELL and then open the can.

7  Pour the amount of ready-to-feed formula for one feeding into a clean bottle. Do not add water or any other liquid.

8  Attach nipple and cap and SHAKE WELL. Feed prepared formula immediately.

9  If more than one bottle is prepared, put a clean nipple right side up on each bottle and cover with a nipple cap. Label each bottle with the baby's name and the date and time that it was prepared.

10  Refrigerate until feeding time. Use within 48 hours. Do not leave formula at room temperature. To warm bottle, hold under running warm water. **Do not microwave bottles.** If formula is left in the can, cover and refrigerate open can until needed. Use within 48 hours.

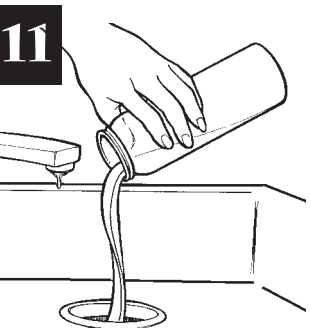
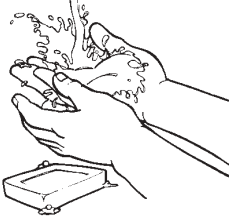

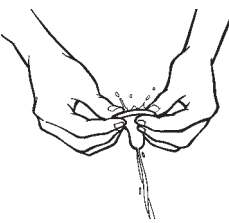
11  Throw out unused formula left in bottle after feeding or which has been unrefrigerated for 1 hour or more. Store unopened cans in a cool, dry indoor pantry shelf. Use before the expiration date.


Figure 4b

Preparation Checklist for Standard Liquid Concentrated Iron-fortified Infant Formula (using glass or hard plastic bottles)

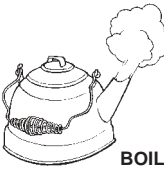
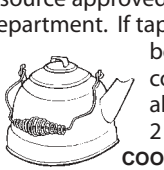
1  Wash your hands, arms, and under your nails, very well with soap and warm water. Rinse thoroughly. Clean and sanitize your workspace.


2  Wash bottles and nipples, using bottle and nipple brushes, and caps, rings, and preparation utensils in hot soapy water before using. Rinse thoroughly.

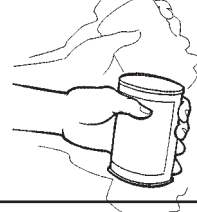
3  Squeeze clean water through nipple holes to be sure they are open.

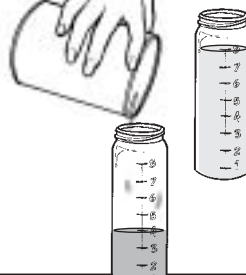
4  Put the bottles, nipples, caps, and rings in a pot and cover with water. Put the pot over heat, bring to a boil, and boil for 5 minutes. Remove with sanitized tongs, allow the items to cool, and air dry.


5 For formula, bring water to a very bubbly boil. Keep boiling it for a minute or two, then let it cool. Use this water to mix the formula. Use water from a source approved by the local health department. If tap water is used for boiling, collect only cold tap water allowed to run for 2 minutes first.


 **BOIL**  **COOL**

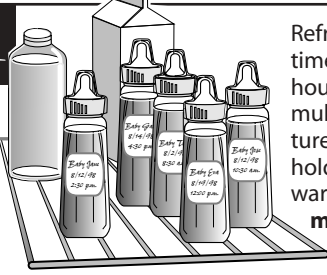
6  Wash the top of the can with soap and water and rinse well to remove dirt. Wash the can opener with soap and hot water.

7  SHAKE CAN WELL and then open the can.

8  Pour needed amount of formula into a clean bottle using ounce markings to measure formula and add an equal amount of cooled boiled water. Thus, if 4 oz. of formula is poured into the bottle, 4 ounces of water should also be added.

9  Attach nipple and ring to the bottle and SHAKE WELL. Feed prepared formula immediately. If formula is left in the can, cover and refrigerate can until needed. Use within 48 hours.

10  If more than one bottle is prepared, put a clean nipple right side up on each bottle and cover with a nipple cap. Label each bottle with the baby's name and the date and time that it was prepared.

11  Refrigerate until feeding time. Use within 48 hours. Do not leave formula at room temperature. To warm bottle, hold under running warm water. **Do not microwave bottles.**

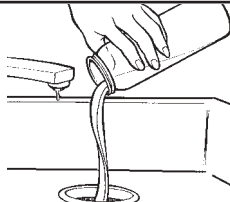



12  Throw out unused formula left in bottle after feeding or which has been unrefrigerated for 1 hour or more. Store unopened cans in a cool, dry indoor pantry shelf. Use before the expiration date.


Figure 4c

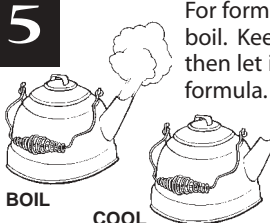
Preparation Checklist for Standard Powdered Iron-fortified Infant Formula (using glass or hard plastic bottles)

1  Wash your hands, arms, and under your nails, very well with soap and warm water. Rinse thoroughly. Clean and sanitize your workspace.


2  Wash bottles and nipples, using bottle and nipple brushes, and caps, rings, and preparation utensils in hot soapy water before using. Rinse thoroughly.

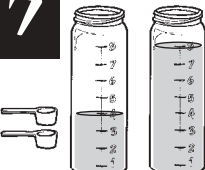
3  Squeeze clean water through nipple holes to be sure they are open.


4  Put the bottles, nipples, caps, and rings in a pot and cover with water. Put the pot over heat, bring to a boil, and boil for 5 minutes. Remove with sanitized tongs, allow the items to cool, and air dry.


5  For formula, bring water to a very bubbly boil. Keep it boiling for a minute or two, then let it cool. Use this water to mix the formula. Use water from a source approved by the local health department. If tap water is used for boiling, collect only cold tap water allowed to run for 2 minutes first.

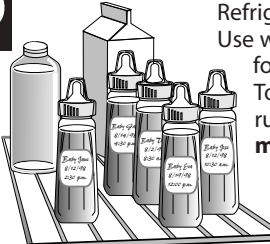
BOIL **COOL**

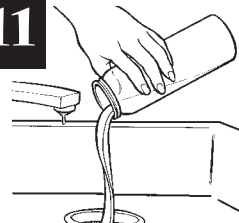
6  Remove plastic lid; wash lid with soap and clean water and dry it. Write date on outside of plastic lid. Wash the top of the can with soap and water, rinse well, and dry. Wash the can opener with soap and hot water. Open the can and remove scoop. Make sure that the scoop is totally dry before scooping out powdered formula. Only use the scoop that comes with the formula can.


7  For each 2 ounces of cooled boiled water added to a clean bottle, carefully add 1 level scoop of powdered formula. Thus, if 8 ounces of water is poured into the bottle, 4 level scoops of formula should be added.

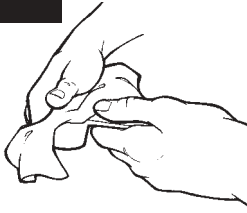
8  Attach nipple and ring to the bottle and SHAKE WELL. Feed prepared formula immediately.

9  If more than one bottle is prepared, put a clean nipple right side up on each bottle and cover with a nipple cap. Label each bottle with the baby's name and the date and time that it was prepared.

10  Refrigerate until feeding time. Use within 48 hours. Do not leave formula at room temperature. To warm bottle, hold under running warm water. **Do not microwave bottles.**

11  Throw out unused formula left in bottle after feeding or which has been unrefrigerated for 1 hour or more.

12  Make sure that no water or other liquid gets into the can of powder. Cover opened can tightly and store in a cool dry place (not in the refrigerator). Use within 4 weeks after opening to assure freshness.

13  To be used again, the scoop should be washed with soap and hot water, rinsed thoroughly, and allowed to air dry. When making formula again, the scoop should be totally dry before using it to scoop powder out of the can. Store unopened cans in a cool, dry indoor pantry shelf. Use before the expiration date.