

## **World Health Organization**

### **Guidelines for**

# **Safe Storage and Handling of Powdered Infant Formula**

1. All equipment used to feed and to prepare feeds for infants must be cleaned and sterilized before use. Boil water for 5 minutes. Let it cool to 70 C. It will still feel very hot to the touch.
2. Powdered infant formula should be prepared with water that is no cooler than 70 C.
3. Powdered formula which has been mixed with water should be consumed immediately or stored in a refrigerator with a temperature no higher than 5 C.
4. Prepared formula should be stored for no more than 24 hours.  
**Warning:** If you do not have a refrigerator it is not safe to prepare feeds ahead of time – always prepare a fresh feed as it is needed.
5. Prepared formula can be warmed after refrigeration by placing the cup or bottle in a container of warm water for no more than 15 minutes, making sure the level of the water is below the top of the cup or bottle.
6. Re-warmed formula should be used within 2 hours and any leftovers should be discarded.  
**Warning:** Never use a microwave oven to re-warm feeds. Microwave ovens heat unevenly, and may cause “hot spots” that can scald the infant’s mouth.



#### **Public Health & Emergency Services**

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