Bottle Preparation: Guidelines for Parents

Formula Prepared at Home:

- Always wash hands thoroughly before preparing bottles.
- Bottles, nipples, utensils, breast pumps, etc. should be washed in hot soapy water and rinsed well. Bottles/caps may be washed in a dishwasher.
- Date can of formula when first opening. It should be used within 1 month.
- Use water from a safe source and make formula according to package instructions. Always measure the water first, then add the formula.
- Fill bottles with the amount of formula or milk the baby drinks at one feeding and cap the bottle.
- Date and label bottle with the baby's first and last name.
- Refrigerate immediately.
- Transport bottles/food in a cooler or insulated container (the temperature danger zone for bacterial growth is between 41F--135F).
- Refrigerate bottles/food upon arrival at the program (if available).
- Take home empty bottles at the end of the day. Bottles may have been rinsed but need to be washed at home as described in the second bullet point above.
- Formula in unused prepared bottles is sent home at the end of the day or discarded after 24 hours of refrigeration.

General Guidelines:

- Commercially prepared food and formula brought from home should be unopened, labeled with the child's first and last name and dated.
- Parents will need to provide a back-up supply of formula (powder, concentrate, or ready to feed) to cover unforeseen circumstances. Label with the child's first and last name.
- Bottles of formula or breast milk to be warmed will be placed in a warm cup of water, a Crockpot that is secured to the counter, or a bottle warmer that is secured to the counter. The water temperature should not exceed 120F.
- All unconsumed formula will be discarded at the end of each feeding or after 45-60 minutes of sitting out at room temperature.
- A bottle is never refrigerated or reheated after the baby has nursed from it because the formula or breastmilk will have been contaminated with saliva and bacteria from their mouth.
- Microwaves will not be used to warm up bottles of formula.
- Bottles are used only for feeding formula, breastmilk, or milk. Parents and staff may not add medication or solid foods of any kind to bottles that are to be fed to infants while at the program, unless specified by the child's health care provider.
- Staff is not allowed to serve juice from bottles at the program. This is a preventive measure against baby bottle tooth decay.
- Bottle propping and carrying of bottles by young children throughout the day/night is not permitted while in the program.
- Infants will be held/supervised with every bottle to monitor for choking and tolerance.
- No medications added to bottles.
- No glass bottles allowed.

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Parents Bringing Breast Milk to the Program

- Use a clean bottle as stated on previous page. (Ready- to-feed bottles are recommended over milk storage bags due to the flimsiness of the bags which make is easier to spill milk and contaminate it when transferring the milk to a bottle).
- Freeze breast milk in the bottle until ready to use. If fresh expressed milk is brought to the program, it will be the first bottle used that day. Cap and label bottle with date and time removed from the freezer and child's first and last name.
- Transport bottles in a cooler or insulated bag.
- Refrigerate bottles upon arrival at the program.
- Take bottles home at the end of the day. Any unconsumed breast milk can be discarded at home. Bottles will need to be washed at home.

General Guidelines

- Fresh breast milk will be used within 48 hours.
- Unused thawed breast milk will be discarded after 24 hours of refrigeration.
- Microwaves will not be used to warm up bottles of breast milk. Each child will have their own approved warming device labeled with their full name.
- All infants receiving breast milk or other food sources containing breast milk will have direct one-on-one supervision to avoid accidental ingestion by another child.
- Storage of breast milk: freeze in refrigerator freezer maintained at 0 degrees F for 3 months.
- No medications added to bottles.
- No glass bottles allowed.
- All other guidelines on the previous page will be followed.

Sources:

Infant Formula Preparation and Storage, CDC.gov
Formula Feeding FAQs: Preparation and Storage
Proper Storage and Preparation of Breast Milk