

# Compact advice






## Prepare infant formula safely

**Powdered infant formulae** are low-germ, but **not sterile**. That means that they might contain a very marginal amount of unfavourable germs. To prevent these germs from proliferating in the ready-to-drink formula, it is important to ensure the **safe preparation and safe handling** of the formula.

### Basic rules of hygiene<sup>1-6</sup>

- ▶ Clean the work surface thoroughly and use soap and warm, running water to **wash your hands** thoroughly.
- ▶ Do not prepare infant formula and raw foodstuffs next to one another at the same time.
- ▶ **Prepare formula from scratch** for each meal and **feed it immediately**.
- ▶ **Discard any leftovers** and do not use them for the next meal. Do not store already prepared formula in the refrigerator.
- ▶ **Keeping already prepared formulae warm** by using a bottle warmer or a thermosflask **must be avoided** at all costs.
- ▶ Clean bottle, teat and ring thoroughly immediately after the feeding.
- ▶ It is advisable to boil out rubber teats/latex teats from time to time (not necessary for silicone teats).

### Step by step to the ready-to-drink bottle feed

-  Boil fresh drinking water and leave it to cool to approx. 40 - 50 °C\*. Scalding, loss of nutrients and damage to any probiotic bacteria that may have been supplemented will be avoided at these temperatures.
-  Pour the required amount of boiled water into the feeding bottle.
-  Fill the measuring spoon loosely and level excessive powder to avoid overdosing. Put the recommended amount of powder into the feeding bottle.
-  Close the feeding bottle and shake till the powder has dissolved completely.
-  Allow the prepared formula to cool down to drinking temperature (approximately 37 °C) as quickly as possible. Check temperature. **Tip:** A good way to test the temperature is to drip a few drops of formula onto the inside of your wrist: the milk should feel warm but not hot.

\*40 - 50 °C is reached when the bottle is not too hot to be touched and the water does not steam any longer.

- ▶ Always follow the instructions on the packaging.
- ▶ Keep strictly to the stated amount of powder and water according to the dosage table. This is important for the composition of nutrients and the digestibility of the formula.
- ▶ Only use the measuring spoon enclosed in the packaging.
- ▶ Do not warm up the formula in the microwave oven (danger of scalding).

## Water quality<sup>1, 3, 5</sup>



### Suitable

- fresh drinking water from the tap
- let the water run from the tap until the water runs cold

For reasons of food safety it is best to use boiled water during your infant's first months of life.

#### Alternatives:

- bottled still water that is 'suitable for preparing infant formula'
- baby spring water (for example HiPP Baby Spring Water)



### Unsuitable

Water:

- from lead pipes
- from areas that have an increased amount of uranium (>10 µg/l)
- with an increased amount of nitrate (>50 mg/l)
- from untested domestic wells
- from water filters
- from hot water boilers

If in doubt, parents should contact the local waterworks for information about the water quality or have a water sample analysed.

## Tip when you are out and about

Take boiled water in a clean and closed thermos flask and already portioned milk powder with you in a clean and dry feeding bottle.

▶ **If required, prepare the formula freshly and feed it immediately.**

**Alternatively:** offer ready-to-drink infant formulae that can also be offered cold (at room temperature)

## Notice on safety

Each infant formula has a note regarding correct preparation, storage and disposal: 'Please follow the instructions for use carefully when preparing infant formulae. Incorrect preparation or keeping the prepared bottle for a longer period of time can lead to health impairments, for example, due to undesired bacterial growth. Please prepare the formula from scratch before every meal and feed it immediately. Do not re-use leftovers. Clean bottle, teat and ring thoroughly after each meal.'

[hipp.com/hcp](http://hipp.com/hcp)

**Important note:** Breastfeeding is best for babies. Infant formula should only be given upon the advice of paediatricians, midwives or other independent experts.

### References:

1 Koletzko B et al., Monatsschr Kinderheilkd 2016; 164:433-457 • 2 Schnakenburg K et al., Monatsschr Kinderheilkd 2005; 153:495-500 • 3 Bühler C et al., Monatsschr Kinderheilkd 2014; 162: 527-538 • 4 EFSA, EFSA Journal 2004; 113:1-35 • 5 BfR, Stellungnahme Nr. 040/2012 • 6 Agostoni C et al., JPGN 2004, 39:320-322.

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