

# Compact Advice






## How to prepare formula safely

**Powdered formula** is low in germs but **not sterile**. This means that it can contain unwanted bacteria albeit in very small amounts. To prevent the multiplication of these germs in prepared formula, **safe preparation and handling** is important.

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

- ▶ Clean the countertop and wash **your hands** thoroughly with soap under warm running water.
- ▶ Do not prepare any raw foods at the same time.
- ▶ **Prepare** the formula **freshly** before every meal and **feed immediately**.
- ▶ **Dispose of any leftovers** and do not reuse them later. Do not store the prepared formula in the refrigerator.
- ▶ **Do not put prepared formula** in bottle warmers or thermos flasks to keep it warm.
- ▶ Clean the bottle, teat and ring thoroughly right after every meal.
- ▶ If you use rubber/latex teats, boil them every now and then (not necessary with silicone teats).

### Preparing the bottle – the step-by-step guide:

-  Boil fresh drinking water and leave to cool to approx. 40–50°C\*. At these temperatures, there is no risk of scalding, loss of nutrients or loss of probiotic bacteria with which the formula is fortified.
-  Pour the required amount of the boiled water into the feeding bottle.
-  Add the required amount of powder to the water by loosely filling the measuring scoop and wiping off any excess powder. This way, you can avoid using too much powder.
-  Close the bottle and shake until the powder has dissolved.
-  Cool the formula as quickly as possible to bring it down to drinking temperature (approx. 37°C). Check the temperature.  
**Tip:** A few drops on the inside of your wrist are a good way to test it: the milk should feel warm rather than hot.

\*40-50°C are reached when the bottle is easy to hold and the water no longer steams.

- ▶ Always follow the instructions on the packaging.
- ▶ Adhere to the powder and water amounts specified in the feeding guide. This is important for the nutritional composition and digestibility of the formula.
- ▶ Only use the measuring scoop enclosed in the packaging.
- ▶ Please do not warm up formula in the microwave (risk of scalding!).

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



### Suitable

- use fresh drinking water from the tap
- let the water run for a couple of seconds until it is cold

For food safety reasons, use boiled water if possible during the first months of life.

#### Alternatives:

- bottled still water that is “suitable for the preparation of formula”
- baby water (e.g. HiPP Baby Mineral Water)



### Unsuitable

#### Water:

- from lead pipes
- from regions with elevated uranium levels (>10 µg/l)
- with increased nitrate levels (>50 mg/l)
- from uninspected domestic wells
- from water filters
- from hot water boilers

To be on the safe side, you can ask your local waterworks about the water quality or have a sample of your tap water tested.

## Tips for travelling

Pack several clean and dry bottles with pre-measured amounts of formula powder and a thermos with cooled, boiled water.

► **Prepare the formula freshly whenever necessary and feed immediately.**

**Alternative:** ready-to-drink infant formula, which can also be fed cold (i.e. at room temperature)

## Safety instructions

There are instructions on every formula pack on how to correctly prepare, store and dispose of the formula: **“Please follow the instructions carefully when preparing formula.”** Incorrect preparation or storing the prepared bottle for a longer period of time can be harmful to your baby’s health, e.g. due to the growth of undesirable bacteria. Prepare the formula freshly before every meal, feed immediately and dispose of any leftovers. Clean the bottle, teat and ring thoroughly after every meal.

You can find a video on the correct bottle preparation at [hipp.de/video-flaeschchen](http://hipp.de/video-flaeschchen)

**Important information:** 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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