

Updated July 2019

Dear Pediatric Nutrition Practitioner:

The following are very important statements regarding powdered infant formula and the use of household measures for its preparation. PLEASE read these statements and make sure you fully understand them before you utilize these recipes.

- Powdered infant formula products are not sterile, however these products are the most popular for home use due to their convenience, flexibility, and cost.
- Because powdered formula is not sterile, it should not be fed to infants with compromised immune systems unless approved by the child's physician.
- Formula prepared from powder should be kept in the refrigerator for no more than 24 hours and at room temperature for no more than 2 hours.
- Prepared formula in a bottle that has been fed should be discarded within 1 hour after the feeding begins.
- Product information may change. Please refer to product label or manufacturer for the most current nutrition information and mixing/storage instructions.
- Use of household measures (measuring spoons or cups) or scoops to measure powdered formula has a potentially significant range of error. This should be taken into account in assessing an infant's tolerance and intake of any formula made from powder.
- The family's access to household measures should be ascertained before discharge. In some circumstances, providing measuring cups/spoons to the family is necessary to ensure that the formula recipe will be prepared as instructed.
- When dilution accuracy is critical, measurement of powdered formulas by weight should be considered.
- For ease of home preparation, some of these recipes were approximated to the closest caloric density to keep them as simple as possible. Only whole scoops and an even one cup measure were used in addition to volumes rounded to the nearest ½ oz. For instance, a formula that would yield 29.6 calories per ounce would be approximated to 30 calories per ounce. The RDN is encouraged to double check each recipe before providing it to a family for home use. Depending on the family's ability to demonstrate formula preparation techniques, the RDN may choose to modify a given recipe.
- Families should be alerted that failure to follow exact formula preparation instructions could cause severe harm to the infant.

The Pediatric Nutrition Practice Group and the Academy of Nutrition and Dietetics do not take responsibility for any harm caused to an infant due to improper use of these recipes.