

## SUGGESTED PROCEDURE FOR HEATING OF REFRIGERATED INFANT FORMULA

THE DEPARTMENT RECOMMENDS THAT INFANT FORMULA AND BREAST MILK BE WARMED TO ROOM TEMPERATURE BY PLACING THE BOTTLE UNDER WARM RUNNING WATER OR IN A CONTAINER FILLED WITH WARM WATER.

THE DEPARTMENT DOES NOT RECOMMEND THE USE OF MICROWAVES FOR HEATING FORMULA. THE LICENSING RULES FOR FAMILY AND GROUP CHILD CARE CENTERS PROHIBIT THE HEATING OF BREAST MILK IN MICROWAVES.

### HEATING INFANT FORMULA IN A MICROWAVE

#### Prior to heating:

- Heat only the amount the child is expected to drink at that feeding
- Heat only *refrigerated* formula
- Always *stand* the bottle up
- Always leave the bottle top *uncovered* to allow heat to escape
- **Heating instructions (full power) (1 bottle):**
- 4oz bottles heat for no more than 30 seconds
- 8oz bottles heat for no more than 45 seconds
- **Serving instructions:**
- Always replace nipple assembly; invert 10 times (vigorous shaking is unnecessary)
- Formula should be cool to the touch; formula warm to the touch may be too hot to serve
- Always *test* formula; place several drops on top of the hand (not the inside wrist)
- Discard any unused formula or breast milk after feeding a child. Do not save and reserve the bottle.

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#### **NOTE:**

1. Playtex, Evenflo and Gerber unanimously recommend against microwaving formula in nursers with disposable plastic inserts. Hot spots in the milk may weaken the seams.
2. Use of glass bottles may result in cracking or explosion and should be avoided.
3. When formula is microwaved, heat accumulates in the top of the bottle. So shake well and test the temperature by shaking some of the liquid on top of your hand. If heated formula feels warm to the touch it is probably above body temperature and should not be used immediately.
4. Bottles must be heated without a nipple or a cap and inverted prior to serving to avoid oral cavity and esophageal burns.

### HEATING SOLID FOODS

- **Microwaving solid baby foods in the jars is not recommended.**
- Only as much food as the child is expected to eat should be heated.
- Foods should be transferred to a dish.
- Babies should not be fed foods heated higher than 90 degrees to 120 degrees Fahrenheit. This temperature is reached when 4 oz of solid food in a dish are heated for about 15 seconds on high power. Always stir, let food stand 30 seconds and taste test before using. Food that's "baby ready" should feel lukewarm to you.