

HPA Guidance on Powdered Formula Use:

Powdered formula is a convenient form of formula and is preferred by many parents.

A concern about its use is contamination with a bacteria called *Cronobacter sakazakii*

Cronobacter infections are rare, but can be deadly in newborns. They can cause sepsis (blood infection) and meningitis (infection around the brain and spinal cord). Symptoms include: fever, poor feeding, crying, and lethargy (low energy).

Risk factors for Cronobacter infection include:

- Age under 3 months
- Prematurity
- Immunodeficiency (weakened immune system)

For infants in the above categories, liquid formulas are preferred.

For parents who want to use powdered formula for the above groups, the following is recommended when preparing powdered formula bottles:

1. Boil water and let it cool to no less than 158 degrees F. Water should cool to this temperature 30 minutes after boiling. Add the needed amount of water to a cleaned and sterilized bottle.
2. Following the directions on the container, add the amount of powdered formula needed to the correct amount of water. Shake the bottle, rather than stirring
3. Immediately cool the formula to body temperature. The bottle can be run under cold water or placed in an ice bath to do this.
4. Before feeding the baby, check the formula's temperature by shaking a few drops on your wrist to see if it's too hot.
5. Use the mixed formula within 2 hours of preparing it. Throw away the leftover formula.

Don't forget to clean your hands with soap and water or hand sanitizer before preparing formula bottles.

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