#19-008

TO:        WIC Local Agency Directors

FROM:  Amanda Hovis, Director
        Nutrition Education / Clinic Services Unit
        Texas WIC Program

DATE:    February 4, 2019

SUBJECT: Updated Formula Prep Guidance

Texas WIC has updated the *How Do I Mix My Baby’s Formula* handouts in English (13-06-12255) and Spanish (13-06-12255A). These materials are available to order from the WIC Catalog.

The Centers for Disease Control and Prevention has recently updated their guidance on the safe preparation of infant formula. The updated guidance addresses Chronobacter prevention practices which now focus on infants who are younger than 3 months old, born prematurely, or have a weakened immune system.

Caregivers with infants meeting this criteria are encouraged to follow these steps when preparing powdered infant formula:

- Warm water to at least 158°F / 70°C and pour it into the bottle.
- Add formula, and carefully shake, rather than stir the bottle.
- Cool the formula to ensure it is not too hot before feeding your baby by running the prepared, capped bottle under cool water or placing it into an ice bath, taking care to keep the cooling water from getting into the bottle or on the nipple.
- Before feeding the baby, test the temperature by shaking a few drops on your wrist.
As always, caregivers should ensure their hands are carefully washed and feeding items are cleaned, sanitized and stored properly. Formula should be consumed within two hours of preparation and any remaining formula should be discarded. Additional recommendations for the prevention of Chronobacter include using infant formula in liquid form or exclusively breastfeeding. Exclusive breastfeeding is the optimal infant feeding method as it helps prevent a number of illnesses in both mother and child.

WIC trainings are currently being revised to reflect this update. If you have questions, please contact Lindsey Dermid-Gray at Lindsey.DermidGray@hhsc.state.tx.us or 512-341-4594.