

Food Safety Authority of Ireland - Extract from Guidance Note 22 on *Recommendations for the safe feeding of Powdered Infant Formula in Child Day-Care Settings*

IT IS NOT RECOMMENDED THAT CHILD DAY-CARE FACILITIES PREPARE POWDERED INFANT FORMULA FOR THE INFANTS IN THEIR CARE

The following steps should be followed when using powdered infant formula:

Step 1 Feeds should be prepared at home using the 70°C preparation method recommended for the safe feeding of PIF in domestic setting (below).

Step 2 Cooled feeds should be marked with the child's name and stored in the body of a refrigerator below 5°C until they are completely cold but no longer than 24 hours.

Step 3 Immediately prior to leaving for the child day-care facility, the correct number of feeds should be taken from the refrigerator and placed in a clean cool-box or bag with a suitable number of ice blocks to maintain the feed at 5°C.

Step 4 On arrival at the child day-care facility the feeds should be transferred from the coolbag or cool-box to a dedicated refrigerator in the child-care facility maintained at 5°C or below. The fridge should be equipped with a fridge thermometer to enable the temperature to be checked and adjusted if necessary.

Step 5 To feed, child-care workers should remove one bottle just before it is needed. The bottle should be checked to ensure the name on the bottle corresponds to the infant. The feed should then be warmed to feeding temperature using a bottle warmer or by standing the feed in a container of warm water. Never leave a feed warming for more than 15 min. Ensure the feed is not too hot by shaking the bottle and placing a drop of liquid on the inside of the wrist – it should feel luke-warm.

Step 6 Discard any feed that has not been consumed within two hours of preparation. For slow feeding babies use a fresh feed after two hours.

Step 7 Unused feed should be discarded and the used bottles rinsed in warm tap water.

Step 8 All feeding bottles should be returned at the end of the day when the infant is collected.

Step 9 Used feeding bottles should be cleaned and sterilised at home.

Recommendations for the preparation of Powdered Infant Formula in Domestic Settings

All feeding and preparation equipment should be clean and sterilised.

The following steps should be followed when using powdered infant formula:

Step 1 Boil fresh tap water in a kettle or other suitable covered vessel.

Step 2 When boiled, leave the water to cool in the kettle (or other suitable covered vessel). To ensure the water temperature is no less than 70°C but not too hot, it should be left to cool in the kettle for 30 minutes, but no longer, before use.

Step 3 Clean the feed preparation area thoroughly and wash hands with soap and hot water and dry.

Step 4 To make up the feed, pour the amount of hot water required into a sterile bottle taking care to avoid scalding. Make each feed up in a sterile bottle by adding the exact amount of powdered infant formula as instructed on the label using the clean scoop provided. Re-assemble the bottle tightly and carefully as instructed by the bottle manufacturer and shake well to mix the contents, taking care to avoid scalding.

Step 5 Cool feed quickly to feeding temperature by holding the bottle(s) under cold running tap water or immersing in a large volume of cold tap water. Ensure that the cold water does not reach above the neck of the bottle during cooling.

Step 6 To feed:

a) **immediately**: ensure the feed is not too hot by shaking the bottle and placing a drop of liquid on the inside of the wrist – it should feel luke-warm not hot.

b) **later**: wipe the bottles dry with a clean cloth and place them in the back of a refrigerator (operating at max 5°C), not in the door, and use within 24 hours.

The full Guidance Document is available on the Food Safety of Ireland website www.fsai.ie