

Storage chart for commercial infant formula



Type of preparation	Room temperature	Fridge(4°C)	Freezer
Milk reconstituted from concentrated liquid or powder	Max 2 hours	24 hours. Make sure that the box is properly covered. *Do not prepare milk more than 24h ahead*	Never freeze commercial infant formula
Open can of liquid preparation (in concentrated liquid or ready to serve)	Max 2 hours	48 hours. Make sure the box is properly covered	
Open box of powdered preparation	1 month dry (kept away from humidity)	Do not store in the fridge	

Important notes :

Babies that were born premature (before 37 weeks) or whose immune system is weakened or were underweight at birth must (according to Health Canada) be fed with sterile commercial formulas (if not breastfed).

The two preparations recommended first are:

- Ready-to-drink (*which has been sterilized by the manufacturer*);
- Liquid concentrated preparation that requires to be diluted with sterile water (*boiled and cooled between room and body temperature*).

If this type of formula is not available, a powdered formula could be used as a 3rd option, as it is not considered sterile. The reconstitution of the powdered formula for these babies must be done by following these steps:

- Boil water for 2 minutes;
- Allow the water to cool to 70°C (*about 30 minutes*);
- Add the necessary amount of sterile water to the sterilized bottle and then the quantity of powdered formula needed;
- Offer the bottle to your baby as soon as it reaches an adequate temperature.

Babies who are born at more than 37 weeks (*full term*) can be fed with powdered formula or any type of formula if they are not breastfed. Water that has already been boiled and cooled can be used to prepare the bottle if necessary.

References:

- Health Canada, Reconstitution and Handling of Powdered Infant Formula. Date consulted: May 7, 2024.
- From Tiny Tot to Toddler: A Guide to Pregnancy, Baby Care, and Beyond, Handling Commercial Infant Formula. Date consulted: May 7, 2024.