

evaporated milk a good formula for babies

SINGLE BOTTLE METHOD

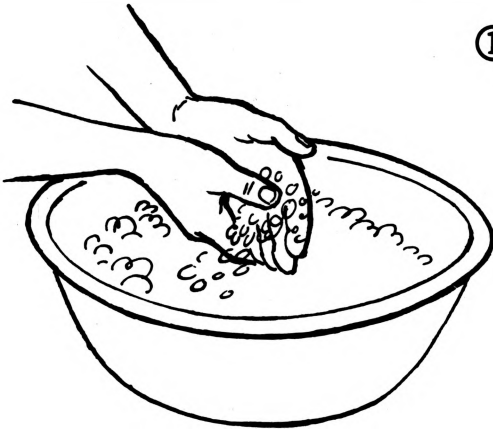
- Evaporated milk is also called canned milk. Condensed milk also comes in cans, but it should not be used for babies because it has too much sugar in it.
- Evaporated milk will keep for months before the can is opened.
- Once the can is opened, put it in the refrigerator or keep as cold as possible without freezing.
- When it is mixed with an equal amount of water it has about the same food value as fresh whole milk.
- A tall can (13 fluid ounces) each day will give babies enough vitamin D to meet their needs.
- Ask the doctor or public health nurse about the way to make the formula to keep germs from growing in it.
- Keep the formula in a refrigerator, icebox or other cool place.
- It is always best to boil water. Water in some places is not safe.



If you do not have a refrigerator or icebox, you may use the following method:

SINGLE BOTTLE METHOD

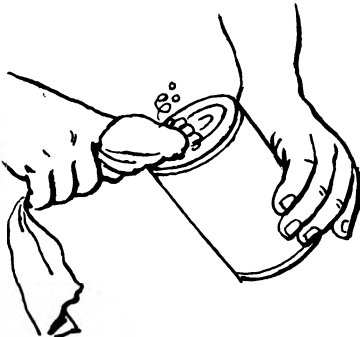
You may wish to fix only one bottle at a time. When the following method is used it is important that all equipment be washed thoroughly with soap and a brush. Rinse well so that the formula will be safe for the baby.



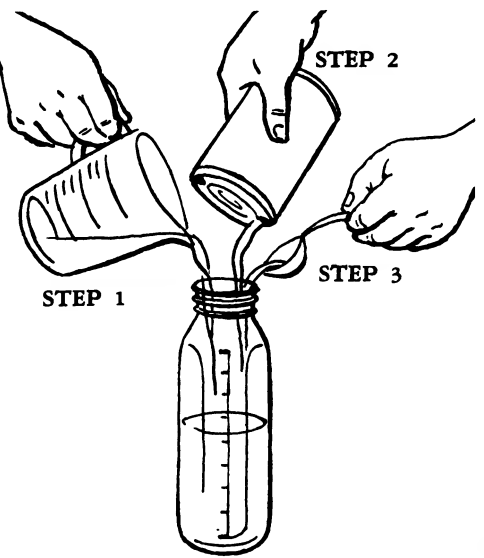
- ① Wash your hands with soap and water before you start to prepare the formula.

- ② Wash with soap and a brush, the can opener, formula bottle, bottle cap or nipple cover, nipple, and a teaspoon. Rinse, and scald in boiling water.

- ③ Wash the top of the evaporated milk can with hot, soapy water and rinse well before opening the can.

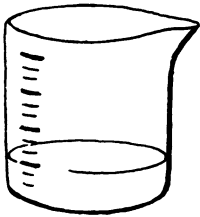


- ④ Add to the bottle the required amount of *boiled* water, and the evaporated milk and, if needed, the corn syrup or sugar.

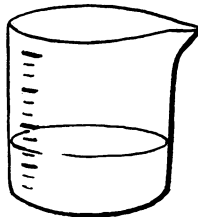


- ⑤ Many mothers use the following amounts of milk, water and syrup or sugar. Ask the doctor or public health nurse what is best for your baby.

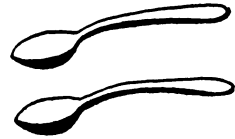
FOR A YOUNG BABY



2 OZ. OF EVAPORATED MILK

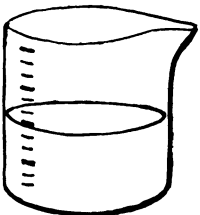


3 OZ. OF WATER

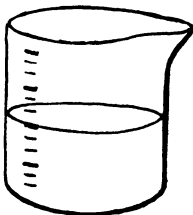


2 TEASPOONS OF CORN SYRUP OR SUGAR

FOR AN OLDER BABY



4 OZ. OF EVAPORATED MILK



4 OZ. OF WATER

CORN SYRUP OR SUGAR IS NOT NEEDED BY AN OLDER BABY

- ⑥ Put the nipple on the bottle.



- ⑦ Shake the formula until the milk, water and syrup or sugar are well mixed.



- ⑧ As soon as the formula is ready, feed it to your baby.

- ⑨ If all of the formula is not taken, **do not** save it for the baby's next feeding. Germs may grow in it and it may not be safe for your baby.

- ⑩ Cover the opened can of milk with a **lid** or a **small dish**. Be sure to use up the opened can of milk within one day.

