

Baby Formula Water Prep Guide

Safe water selection and preparation for infant formula

Safe Formula Prep Steps

- 1 Wash hands thoroughly with soap and water
- 2 Run cold tap water for 30 seconds before collecting (flushes lead from pipes)
- 3 Use filtered or tested water (see source table below)
- 4 Boil water and let cool to no lower than 70C / 158F (kills Cronobacter)
- 5 Add powder to water (not water to powder) per label instructions
- 6 Swirl gently to mix — avoid vigorous shaking (introduces air)
- 7 Test temperature on wrist before feeding
- 8 Use within 2 hours of preparation, or refrigerate and use within 24 hours

Water Sources for Formula

WATER SOURCE	SAFE?	CONSIDERATIONS
Filtered tap (carbon block)	Good	Removes chlorine and lead; does not remove fluoride
Filtered tap (RO)	Best	Removes fluoride, lead, chlorine, pesticides. Add trace minerals.
Unfiltered tap	Caution	May contain fluoride, lead, chloramine. Check local water report.
Well water	Test first	Must test for bacteria, nitrates, arsenic, and lead annually
Bottled (spring)	OK	Inconsistent quality; check for fluoride content on label
Bottled (purified/RO)	Good	Low contaminant levels; lacks minerals
Distilled	Good	Very pure; lacks minerals. Fine for formula since formula contains minerals.
Nursery water	Check label	Some brands ADD fluoride. Read labels carefully.

IMPORTANT

Infants under 6 months are especially vulnerable to fluoride. The ADA recommends using low-fluoride water for formula when possible. Excess fluoride exposure during tooth development causes dental fluorosis.

Formula Prep Supply Checklist

- Water filter (RO or quality carbon block preferred)
- Electric kettle with temperature control
- Glass bottles (avoid polycarbonate plastic) – Look for borosilicate glass or PP/PPSU plastic
- Bottle brush and drying rack
- Trace mineral drops (if using RO or distilled water)
- Thermometer for spot-checking water temp
- Your local water quality report – Request from your water utility or check EWG Tap Water Database

Never microwave formula – it creates hot spots. Warm bottles by placing in a bowl of warm water for 2–3 minutes.