



STORING AND WARMING INFANT BOTTLES AND FOOD

DCF 250 and 251 prohibit heating breast milk or formula in microwaves. The Department does not recommend heating infant food in microwaves. This document was created based on DCF 250 and 251 licensing rules and recommendations from the Centers for Disease Control and Prevention and the American Academy of Pediatrics. This document may be posted to meet the requirements of DCF 251.09(3)(b).

STORING

- Food, breast milk, and formula supplied by parents must be labeled with the child’s name and the date and refrigerated, if necessary.
- Infant formula and food in the original packaging must be stored and used as indicated on the label.
- To ensure that the formula remains in good condition and maintains the required nutritional value, any unused formula must be discarded after the “use by” date on the container.
- Formula that was prepared, but not served should be refrigerated and used within 24 hours.

- It is recommended that only BPA-free plastic, plastic with a recycling code of #1, #2, #4, or #5, or glass bottles or containers be used.
- Breast milk may be kept frozen if supplied by parents that way.
- Freshly expressed breast milk (not frozen) that has not been served to a child may remain at room temperature for up to 4 hours.
- Unused, expressed breast milk should be discarded after 4 days, if refrigerated, or after six months, if frozen.

- It is recommended that thawed breast milk or formula that has been out of the refrigerator for more than 1-2 hours be discarded.
- Unused frozen breast milk which has been thawed in the refrigerator should be used within 24 hours; it should never be refrozen.
- A bottle or cup that has been fed to the child for a period that exceeds 2 hours from the beginning of the feeding should be discarded.
- Partially consumed bottles or cups of formula or milk may not be placed in the refrigerator for later consumption; leftovers must be discarded.

WARMING

- Bottles or containers of infant food should not be left in a pot of water for longer than 5 minutes.
- If a slow-cooking device, such as a crock pot, is used for warming breast milk, infant formula, or food, this device shall be kept out of children’s reach. Electrical cords attached to these devices shall be secured out of the reach of children to prevent children from grabbing the cord and pulling the device down on him or herself.
- A slow-cooking device used to warm breast milk, infant formula, or food should be emptied, cleaned, sanitized, and refilled with fresh water each day.
- Bottle warmers shall be kept out of children’s reach and used according to manufacturer instructions.

- Frozen breast milk should be thawed under lukewarm running water or in the refrigerator.
- Bottles and infant food may be served cold from a refrigerator or at room temperature; neither bottles nor infant food are required to be warmed.
- If parents request that bottles or infant food be warmed prior to feeding, it is recommended that bottles or food containers be placed under warm, running tap water or by placing them in a container of water that is no warmer than 120° F.
- Warm only the amount of breast milk, infant formula or food that the child is expected to eat or drink at that feeding.
- Warmed infant food should be transferred to a dish prior to serving.

NOTES

- Warmed breast milk should be mixed gently, not shaken.
- Test the temperature by placing several drops of the formula or breast milk on the back of your hand. The liquid should feel neutral; if it feels warm to the touch it is probably above body temperature and you should let it cool before use.
- It is recommended that infant cereal not be mixed with a bottle of formula or breast milk unless specified in writing by the child’s physician.
- Staff shall wash their hands with soap and water before handling food.

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