

HOW TO MAKE A BOTTLE USING YOUR BOOBY FOOD

When reconstituting your Booby Food back into a bottle for your babe, use these food safety and hygiene steps to keep your babe happy and healthy!



Clean and disinfect surfaces before preparing your bottle.



Wash hands, bottles & accessories in hot soapy water.



Sterilize all bottle parts by boiling for 2 minutes.



Boil water for 2 minutes and let sit until lukewarm. Add water to sterilized bottle.



Measure your Booby Food (refer to your unique conversion rate).

**Sterilization is required for babes 4 months & under.*



Add your Booby Food to lukewarm water. Add just a splash of sterilized water on top.



SHAKE!
SHAKE!
SHAKE!



TEST! Breastmilk temperature should not feel too hot.



Yay! All done! Feed your babe & throw away any leftovers that have not been consumed within 2 hours.

YOUR UNIQUE CONVERSION RATE

For 1 Booby Food package
or _____ Tbsp, add:

_____ mL water
(or)
_____ oz water



For full instructions please visit www.boobyfood.com/how-to-make-a-bottle-using-your-booby-food/