

The following information may be helpful if you are considering using infant formula to feed your healthy term baby. Often information about formula comes from companies who want to sell you their product. Our goal is to provide reliable, evidence-based information to help you make the best decision for your baby and your family.

## What infant formula does the hospital use?

Hospitals use ready-to-feed cow's milk-based formula for all healthy infants. The brand of formula is chosen through a province-wide contract based on price and availability. All commercial infant formulas sold in Canada go through the same safety inspection and nutritional analysis by Health Canada.

The hospital does not provide formula for use after discharge. You can buy formula at most pharmacies and grocery stores.

## What infant formula should I use at home?

Formula comes in three forms: ready-to-feed, liquid concentrate and powdered. If your baby is at a greater risk of infection, your healthcare provider will recommend you use the ready-to-feed formula. Both the liquid concentrate and powdered forms require careful preparation.

Most infant formula is made from cow's milk. Soy-based and other specialty formula are not recommended except for babies with a particular medical condition.

It is important to **not** use homemade formula, regular cow's milk or other animal milks that are not infant formulas. These do not have the right amount of nutrients and may be harmful to your baby. Make sure that the formula you buy is reviewed and approved by Health Canada. For more information visit: [Health Canada approved formula list](#).

## How do I safely prepare infant formula?

Formula must be prepared and stored properly to be safe. It is important to carefully read and follow the instructions on the formula package. All equipment used for formula preparation must be cleaned carefully to prevent illness.

## Where can I find information on how to safely feed my baby infant formula?

### [Infant formula: what you need to know](#)



Tip Sheets on formula feeding are also available in multiple languages from HealthLinkBC.

[Feeding your baby formula: Before you start](#)

[Feeding your baby formula: Safely making and storing formula](#)