Choosing safe water to make Artificial Baby Milk

All water used to prepare Artificial Baby Milk must be clean and safe.

Tap water (municipal water)

- Make sure you use water from the cold water tap. Before using, run cold water for at least 2 minutes or to when the water runs very cold, especially if the water has been standing in the pipes for a number of hours or overnight. If you live in an older home, there is a chance that lead may be a concern. Running the water for at least 2 minutes before using it can help reduce the risk.
- Use hard (unsoftened) water when possible; softened water is higher in sodium.
- If a home filter is used for tap water, follow the manufacturer’s instructions for use and check how often you should change the filter. Otherwise, contaminants caught by the filter could be re-released into the water or form a build-up of organic matter that could promote bacterial growth.

Private well water

- Make sure you use water from the cold water tap (see above).
- Make sure the well water has been tested and is free of bacteria.
- Test well water at least three times a year for bacteria.
- Nitrates can be present in well water, and at levels over 10 mg/L is harmful to infants. You cannot get rid of nitrates by boiling the water. The only way to know whether there are nitrates in your well water is to have the water tested.
- Test for nitrates and other chemicals, such as fluoride, once a year. For more information call Region of Waterloo Public Health and Emergency Services at 519-575-4400 (TTY: 519-575-4608) or view our website: www.regionofwaterloo.ca/privatewellwater.

Bottled water

- If tap water is not available, bottled water can be used as an alternative.
- Choose water with the lowest amount of nitrates (≤10 mg/L) and sodium.
- Do not use carbonated, soda, seltzer, mineral, tonic, flavoured, or vitamin water.
- Health Canada suggests there is “no indication for the use of distilled water”.

Always sterilize water by boiling for 2 minutes in a clean pot. There is no known age that is safe to stop sterilizing water for preparing Artificial Baby Milk.