

Cleaning Infant Feeding Items

Washing by Hand:

- Wash your hands and rinse the parts of the bottle.
- Fill a clean wash basin with hot water and soap.
- Scrub the items clean using a brush.
- Rinse the items again and air-dry them.
- After each use, wash the basin and brush and allow them to air-dry.



Sanitizing:

- For heat sanitizing, take the bottle apart and put it in a pot of boiling water. Boil for 5 minutes, then remove safely and air-dry.
- For chemical sanitizing, mix 2 teaspoons of unscented disinfecting bleach per gallon (16 cups) of water in a clean wash basin. Place all the items in the basin and make sure they are fully under the water. Squeeze the solution through the nipple holes. Soak for 2 minutes and remove to air-dry.
 - Do not rinse the items after sanitizing with the bleach mixture. The bleach will evaporate and will not hurt your baby if you use the recommended amounts of bleach and water. Rinsing could re-contaminate the items.



For Safety!

- When washing your hands, use warm running water, scrub with soap for at least 15 seconds and then rinse with water.
- Use the basin and brush ONLY for cleaning bottles.

