Formula Feeding
How to Clean and Disinfect

What You Need

- Large pot with lid
- Bottle brush
- Nipple brush
- Tongs
- Can opener
- Knife
- Measuring cup
- Fork (for powder formula)
- Bottles
- Caps
- Rims
- Nipples
- Disks
- Valves

How to Clean and Disinfect

1. Wash your hands and the kitchen counter top with soap and water.
2. Wash all of the items in warm, soapy water.
3. Make sure the nipple holes are not clogged.
4. Rinse all of the items well.
5. Put the items in a large pot. Fill the pot with water. Make sure the water covers all of the items.
6. Cover the pot and boil the water for 2 minutes.
7. Let the water cool. Remove the items with clean tongs and leave them on a clean paper towel or cloth to air dry.

If you have questions about how to breastfeed or feed your baby, call your public health nurse, talk to your healthcare provider or call HealthLinkBC (8-1-1) to speak with a registered nurse or registered dietitian.

Adapted for use in British Columbia, courtesy of the Government of Manitoba