

HOW TO STERILIZE BOTTLE FEEDING EQUIPMENT

Follow these steps to keep your baby safe. Sterilize equipment until your baby is at least 4 months old.

WHAT YOU NEED

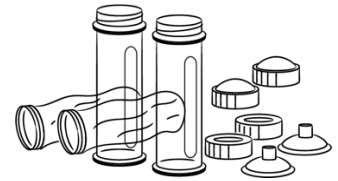


- Large pot with lid.
- Bottle brush and nipple brush.
- Tongs, knife, fork, can opener, glass measuring cup.



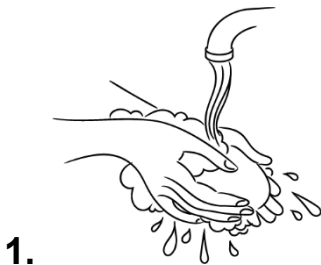
- Glass bottles (if possible) or BPA free plastic bottles, nipples, caps and rims.

OR



- **If using a disposable system:** bottle holders, rims, caps, nipples and a roll of disposable liners. **Note:** If using disposable bottles sterilize only the nipples, caps and rims.

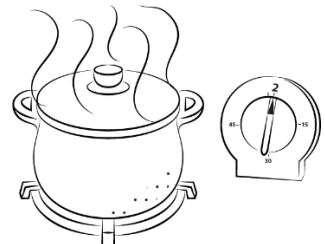
STEPS



1. Wash hands and kitchen counter with soap and water.



3. Make sure holes in nipples are not clogged.



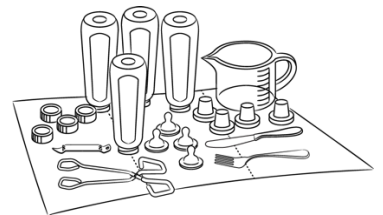
6. Boil for 2 minutes and keep pot covered until items are needed.



2. Wash all items using warm, soapy water in a clean container (e.g. dishpan or large bowl... not directly in the sink).



4. Rinse well.



7. Remove items with tongs and set on a clean paper towel.



5. Put clean items in a pot and fill pot with water.

For more information on infant formula recalls, please visit the Canadian Food Inspection Agency website www.inspection.gc.ca.

Adapted with permission from Ottawa Public Health.

