

# 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

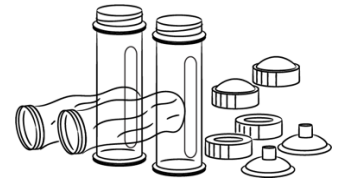


- Large pot with lid.
- Bottle brush and nipple brush.
- Tongs, knife, fork, can opener, glass measuring cup.



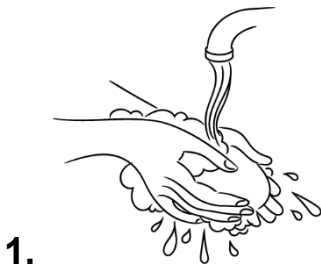
- Glass bottles (if possible) or BPA free plastic bottles, nipples, caps and rims.

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.

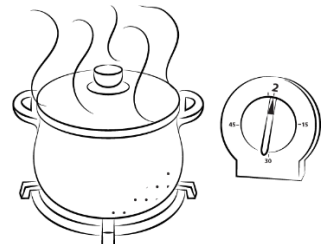
## STEPS



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



3. Make sure holes in nipples are not clogged.



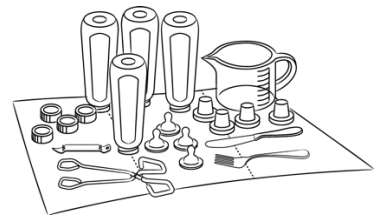
6. Boil for 2 minutes and keep pot covered until items are needed.



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](http://www.inspection.gc.ca).**

Adapted with permission from Ottawa Public Health.

