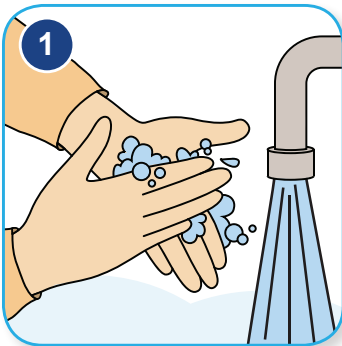
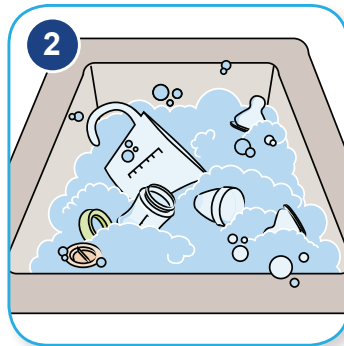


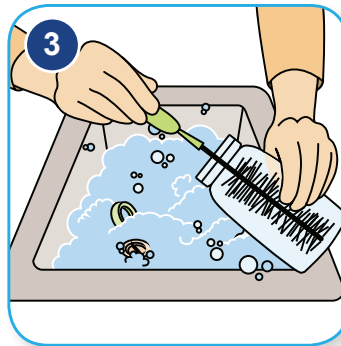
For information on making an informed decision on how to feed your baby talk to your health care provider or public health nurse. See [Tip Sheet #1](#) for important facts.



1 Wash hands and counter with soap and water.



2 Wash all bottles, nipples, rings, caps, discs, measuring cup, can opener, mixing utensils and tongs in hot soapy water in a clean sink.



3 Use a clean bottle brush to scrub the inside and outside of bottles and nipples.



4 Rinse well in safe water. These waters are safe once they are sterilized:

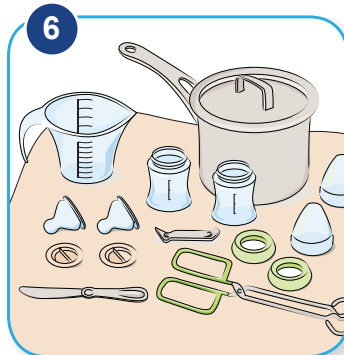
- Municipal tap water.
- Commercial bottled water (except carbonated, distilled or mineral waters).
- Well water that is tested regularly.

Safe water should always be used to prepare formula and sterilize feeding equipment. Set the bottles and feeding equipment to air dry on a clean towel.



5 To sterilize equipment, fill a large pot with water and add all the feeding equipment until covered.

Bring the water in the pot to a boil and let it boil for 2 minutes.



6 Use sterilized tongs to remove bottles and feeding equipment from the water.

Set the equipment to air dry on a clean towel. It is now ready to use.



Sterilizing Water

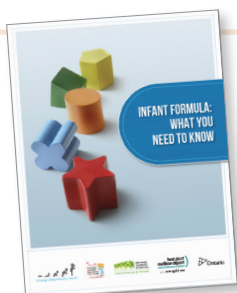
Add water you will use to make formula to a pot.

Bring the water to a boil and boil for 2 minutes.



Storing Sterilized Water

Extra sterilized water can be kept in a sterilized tightly closed glass container for 24 hours at room temperature or for 2-3 days in the fridge.



For more information see, [Infant Formula: What You Need To Know](#) pages 6-9:

- How to clean and sterilize bottle feeding equipment.
- How to sterilize water.
- How to ensure that you are using safe water.