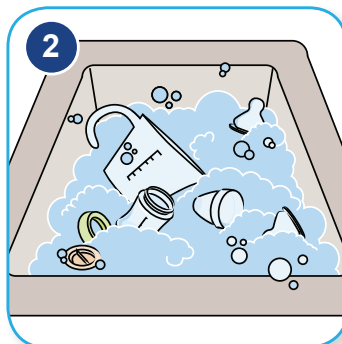


For information on making an informed decision on how to feed your baby talk to your health care provider or public health nurse. See [Tip Sheet #1](#) for important facts.



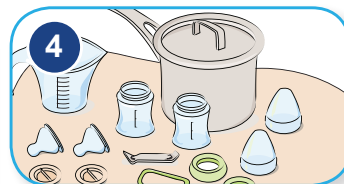
Wash hands and counter with soap and water.



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



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



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

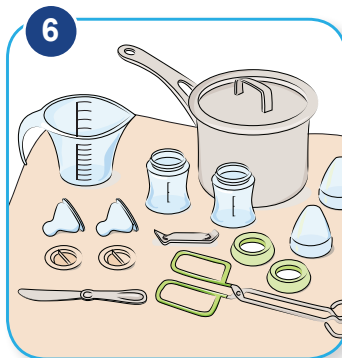
- Municipal tap water.
- Commercial bottled water (except carbonated, distilled or mineral waters).
- Well water that is tested regularly.

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.



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.



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.