



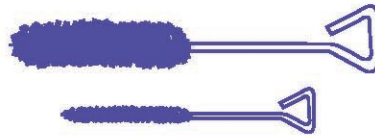
# Formula Feeding

## How to Clean and Disinfect

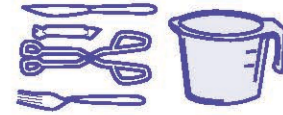
### What You Need



Large pot with lid



Bottle brush  
Nipple brush



Tongs  
Can opener  
Knife

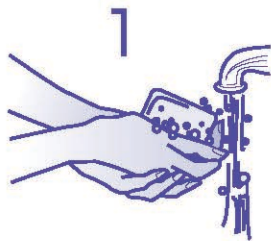
Measuring cup  
Fork (for powder formula)



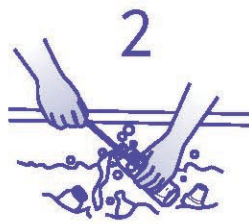
bottles  
caps  
rims

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.



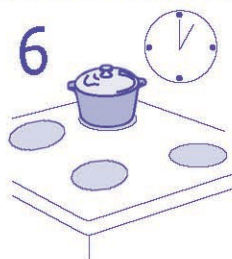
3 Make sure the nipple holes are not clogged.



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.