

Handling and Storage of Breast Milk and Prepared Formula

Milk is susceptible to bacterial contamination, if it is not handled and stored properly.

Breast milk and prepared formula must be refrigerated at 40 °F or below. Use an appliance thermometer to be sure your refrigerator is cold enough.

Cleaning Bottles

- Sterilizing bottles in boiling water before first use is recommended. After that, bottles can usually be safely washed and dried in a properly functioning dishwasher.
- Before preparing a bottle, wash your hands, arms, and under your nails with soap and water for at least 20 seconds. Rinse thoroughly and dry hands with a clean cloth or single use paper towel.
- Clean and sanitize the kitchen sink by the method described above in *Cleaning and Sanitizing Surfaces and Toys*.



- Wash bottles and nipples, caps, rings, and preparation utensils in hot water and soap before using. Use sink stopper to hold hot water in the sink. Add dish washing liquid as you fill the sink with hot water.
- Add some hot soapy water into bottles. Put bottle brush into the bottle. Rotate the brush inside the bottle until the bottle is clean. Wash away the soapy water under running water.
- Use nipple brush to wash nipples, including nipple holes.
- Squeeze the hot, soapy water through nipple hole to flush out any trapped milk.
- Rinse all utensils under running water to wash away all traces of soapy water.
- Use sanitized tongs to remove bottles, nipples and other utensils. Place them in the dish drainer to dry.