

Baby Bottle Preparation and Sanitation

Head Start Performance Standard

§ 1302.47

Policy

Early Head Start (EHS) understands the importance of cleanliness and sanitation in the care and feeding of infants. Special attention is given to how bottles and nipples used to feed infants are cleaned, prepared, and handled to protect children from the risk of infection, illness, and stomach upsets. Formula, baby bottles, nipples, and rings will be provided by EHS. Bottles and equipment will be prepared, sanitized, and stored in accordance with the Oregon Department of Early Learning and Care Division Certification requirements.

Preparation Procedure

Infant formula and/or breast milk that is provided by the parent will be clearly labeled with the child's name, preparation date, and refrigerated, if required.

Staff will prepare bottles of ready-to-feed (RTF) formula in a designated area in the center. When RTF formula is not available, staff will substitute powdered or liquid concentrated formula and prepare it according to manufacturer's instructions using potable water (water that is safe to drink). At Coffee Creek, the parent will prepare the child's bottles as needed.

To prepare a bottle for feeding, staff/parent will:

- Wash their hands.
- Inspect the bottle and nipple for cracks. Discard if any are found.
- Open the RTF can or the container of breast milk and pour a few ounces into the bottle. If using powdered formula, prepare formula according to the manufacturer's instructions. Shake the bottle to mix the formula, do not stir.
- Label prepared bottles of formula/breast milk with the preparation date and the child's name. Leave space on the label for recording the time that the bottle is warmed.
- Use prepared bottles only for the intended child.
- Use bottles only once for each feeding. Discard any formula or breast milk in the bottle if not consumed within 1 hour.

Formula cans or containers **do not** need to be washed or sanitized prior to infant feeding. Formula scoops should not be washed unless soiled. If the scoop was dropped on the floor or otherwise soiled, clean it as carefully as you would a baby's bottles and allow it to air-dry completely before placing it in the formula container.

Store prepared bottles in a refrigerator located in the classroom or in the site kitchen refrigerator.

Store containers of breast milk in the refrigerator and use within 4 days. Frozen breast milk may be stored for up to six months. Do not re-freeze thawed breast milk.

Store prepared formula in a covered container in the fridge and use within 24 hours. Store opened powdered formula in a cool, dry place with the lid tightly closed. Do not store it in the refrigerator. Label the container with the date it was first opened. Use within 1 month.

**Community Action Head Start
Washington County, Oregon**

Sanitation Procedure

After feeding, the teacher/parent discards any leftover formula by pouring it down the sink drain, rinses out the bottle with cold water, and places used bottles in the designated used baby bottle container.

The teacher/home visitor will take the container of used baby bottles to the site kitchen after class/socialization. In full-day full-year classrooms this occurs several times daily.

According to the Center for Disease Control and Prevention, a food service employee should:

1. Wash hands well with soap and water for 20 seconds.
2. Separate all bottle parts (bottles, nipples, caps, rings, valves).
3. Rinse bottle parts and any other feeding items by holding them under running water. The food services staff can use warm or cold based on their preference. Do not set bottle parts or other feeding items in the sink.
 - Wash feeding items following the procedures below. Baby bottles can also be washed in the dishwasher. Place all items in a clean container used only to clean infant feeding items. Do not wash them directly in the sink.
 - Fill wash basin with hot water and add soap.
 - Scrub items using a clean brush that is used only to clean infant feeding items.
 - Squeeze water through nipple holes to be sure they get clean.
4. Rinse again – rinse by holding items under running water or in a separate basin that is used only for cleaning infant feeding items.
5. Allow to air dry – place bottle parts, wash basin, and bottle brush on a clean, unused dish towel or paper towel in an area protected from dirt and dust. Do not use a dish towel to rub or pat items dry because doing so may transfer germs to the items.
6. Clean wash basin and bottle brush – wash them every few days, either in a dishwasher with hot water and a heated drying cycle, or by hand with soap and warm water.

For extra protection, sanitize infant feeding items at least once a day. If a dishwasher with hot water and a heated drying cycle (or sanitizing setting) is used to clean infant feeding items, a separate sanitizing step is not necessary.

1. If a dishwasher is not available, the food services staff can use the following methods:
 - a. Boil – place disassembled feeding items into a pot and cover with water – Put the pot overheat and bring to a boil for 5 minutes – remove items with clean tongs.
 - b. Steam – place disassembled feeding items in microwave or steam system.
2. After sanitizing, place items on a clean, unused dish towel or paper towel in an area protected from dirt and dust. Allow to air-dry thoroughly before storing. Do not use a dish towel to rub or pat items dry because doing so may transfer germs to the items.

Store Safety

Allow the clean feeding items to air dry thoroughly before storing to help prevent germs and mold from growing. Food Services staff should wash their hands well with soap and water before handling bottles. Store the clean, dry bottles and feeding items in a clean, protected area.