

Childcare Connections

Bottle Cleaning and Milk Storage

Regulation 17 (3) Where a child is bottle-fed, the container used in feeding shall be cleaned immediately after used by the day care centre staff and shall subsequently, and prior to refilling, be sterilised by the parent or guardian of the child, unless facilities for sterilising facilities, approved by the Director of the Department of Health, are provided at the centre.

Day Care Providers and Day Care Centres can choose to implement a policy requesting parents provide sufficient bottles needed per day and indicate that bottles will not be rinsed or reused. Only if bottles are refilled and reused they must be cleaned immediately after use and properly sterilized before reusing.

Do not offer breastmilk or formula after the recommended time periods, and any left over milk should be discarded.

Human Milk Storage Guidelines

TYPE OF BREAST MILK	STORAGE LOCATIONS AND TEMPERATURES		
	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40 °F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1–2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

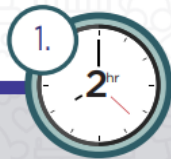
These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider.

Find more breastfeeding resources at: WICBreastfeeding.fns.usda.gov
www.cdc.gov/breastfeeding/



Infant Formula Storage Guidelines.

USE QUICKLY OR STORE SAFELY



Use prepared infant formula within **1 hour from start of feeding** and **within 2 hours of preparation**.



If you are not going to use the prepared infant formula within 2 hours, immediately store the bottle in the refrigerator and use it **within 24 hours**.



Throw out any infant formula that's left in the bottle after feeding your baby. **Do not refrigerate it to save for later.** The combination of infant formula and your baby's saliva can cause bacteria to grow.

Information obtained from the U.S. Centers for Disease Control and Prevention:

[Breast Milk Storage and Preparation](#) | [Breastfeeding](#) | [CDC](#) and [HOW TO PREPARE](#)

Find us on:



HealthBermuda



Health_bermuda



healthbermuda



gov.bm/



GOVERNMENT OF BERMUDA

Ministry of Health

November 2024