

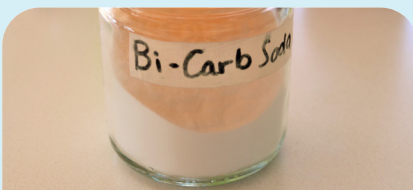
Water Bottle Hygiene

A guide to cleaning water bottles

Wash water bottles as often as you wash your drinking cups and glasses. Use warm soap water.

You can use a dishwasher if your water bottles are dishwasher safe.

Steps to thoroughly clean water bottles using bi-carb soda (baking soda) or white vinegar.



Using bi-carb soda (overnight)



1. Add 2-4 tsp of bi-carb soda and fill with warm water. Shake, then leave overnight.



2. Discard and rinse out with water.



Using vinegar
Two options:
A - for smaller bottles (quick)
B - best for larger bottles (overnight).



A. In a container cover bottle with vinegar and leave for 10mins. Then rinse with water. This works well for bottle lids too.



B. Fill bottle with vinegar diluted one part in four (e.g. 1/4 cup vinegar 3/4 cup water). Leave overnight. Rinse with water.



Next wash bottles.
Always rinse bottles out with water after cleaning.



Air dry on a drying rack.
Always store with lid off.
Plastic deteriorates -replace bottles every year.