

Move Well Eat Well

How to care for water bottles



It is recommended that children, parents, early childhood services and schools follow the same cleaning procedures they use for cleaning water bottles as they do for cups and glasses.

This includes:

- Wash thoroughly with hot soapy water inside and out
- Rinse well and allow to drain upside down with the lid popped open
- Unused water should be tipped out at the end of the day
- Once the bottle is clean, fill only with water
- Use water from the tap, as mains water is fluoridated, safe, clean and healthy to drink
- Responsibility for cleaning procedures needs to be described in the water policy
- The plastic in water bottles can deteriorate over time – we recommend regular replacement of water bottles (at a minimum at the start of each year or if damaged quarterly)
- It is recommended that water bottles are cleaned and stored at home.

SOURCE: Kids -'Go for your life', Dousta Galla Community Health, Moonee Valley Child Nutrition Partnership.
LAST REVIEWED: 2008