

# FLASH HEATING AT HOME



- 1 Put all the milk you have expressed in a **heat resistant glass** jar. The amount of milk should be between 50 ml and 150 ml. If you have more milk, you may divide it into 2 jars.



- 2 Place the jar of milk in a small pan of water. Make sure the water is about two fingers above the level of milk so that all the milk will be heated well.



- 3 Heat the water on a very hot fire or on the highest level of your stove until it reaches a rolling boil (when the water has large bubbles). Stay close by because this should only take a few minutes. Leaving the water to boil too long will damage some of the nutrients in the milk.



- 4 Remove the jar of milk from the boiling water immediately after the water comes to a boil. Place the jar in a container of cool water, or let it stand alone to cool until it reaches room temperature.



- 5 Protect the milk as it cools and during storage by placing a clean lid or small plate on it.

It is safe to feed a baby this heat-treated milk within 6 hours.

*Please note that this method has only been researched in the context of HIV. Its effectiveness on other pathogens is, to date, theoretical.*