

# Flash Heating at home



Put all the milk 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.

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.



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.

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.



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.

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