



Water Bottle Washing Wednesday

When was the last time you washed your refillable water bottle with hot soapy water?

- ❖ Water bottles should be washed daily. However, we know that doesn't really happen! We all give it a quick rinse. So, at the least, wash it on Wednesday!
- ❖ "But I have Stickers", you say! Hand wash the bottle with hot soapy water. And put the lid on the top rack of the dishwasher. Remember to use a straw brush and clean the straw too.
- ❖ Did you know your rinsed water bottle can carry MORE unhealthy germs than your dog's water dish?