

Store Brand Formula Recipe

(Premium, Advantage, Gentle, Sensitivity, Soy, Toddler, Organic, Added Rice)

22 Calories per Ounce Using Powder

How to mix:

1. Wash hands with soap and water.
2. Measure water (using a measuring cup or bottle).
3. Add formula powder scoops (unpacked, level) - use the scoop provided in the formula container.
4. Mix or shake well (until there are no clumps).
5. Feed baby immediately or store in the refrigerator.

Recipe Size:	How much water:	How much powder to add:	About how much it makes:
Smaller	3.5 ounces	2 scoops	4 ounces
Larger	5.5 ounces	3 scoops	6 ounces



Water

+



Scoops

=



Prepared Formula

More tips:

1. Warm the formula by putting the bottle in warm water.
2. **Do not** use a microwave to warm formula.
3. Always test the temperature of the bottle before feeding.
4. Throw away:
 - a. Unused prepared formula after 24 hours
 - b. Any formula left in the bottle after a feeding
 - c. Unused powder after the can is open 1 month

Questions? Call Nutrition at (816) 234-3468



Children's Mercy

Department of Nutrition Services

(816) 234-3468

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