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.

<table>
<thead>
<tr>
<th>Recipe Size:</th>
<th>How much water:</th>
<th>How much powder to add:</th>
<th>About how much it makes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smaller</td>
<td>3.5 ounces</td>
<td>2 scoops</td>
<td>4 ounces</td>
</tr>
<tr>
<td>Larger</td>
<td>5.5 ounces</td>
<td>3 scoops</td>
<td>6 ounces</td>
</tr>
</tbody>
</table>

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