

# PORRIDGE

Semper porridge is made in Sweden, using milk from Swedish farms.

Porridge is a nutritious meal, full of vitamins and minerals such as iron and zinc.

**PREPARATION** (For the right number of decilitres (dl), temperature and tablespoonfuls – see packaging.)

## COOKING

1. Heat \_ dl water to about \_ °C and pour into a bowl.



2. Mix in \_ tablespoons of porridge powder while you stir.



3. Stir until the porridge is the right consistency. Then it's time to eat!



## 1 PORTION

See instructions on the package. Here is a quick translation  
Vatten: water.  
Pulver: powder.  
dl means decilitre  
msk means tablespoon (15 ml).

## CONSUMPTION

Porridge is a filling dish for any meal. Porridge is delicious for breakfast, lunch, snacks and dinner. It should not, however, replace solid food for a longer period.

## BEST BEFORE

The Best Before date is found on the top of the package. Once opened, the contents of the package should be consumed within one month.

## STORAGE

Keep dry and in a dark space at normal room temperature, max. 25° C. Ensure that opened packages are kept closed, or store in a tin with a lid.

## FAQ

**QUESTION:** At what age can I start giving my child porridge?

**ANSWER:** Porridge may contain gluten. Our recommendation is to slowly accustom the child to porridge while still breastfeeding or giving breast milk substitute (infant formula). One spoonful now and again is sufficient to start with and then intake can slowly be increased. Four months is the earliest age at which you can start giving your child porridge.

**QUESTION:** Should porridge variety be changed when the child gets older?

**ANSWER:** No, if your child follows their height to weight ratio and is doing well, you do not need to change variety. Our porridges are adapted to children's needs at different ages. For example, our porridge for older children has a lower fat content and a higher protein content so as to suit this age better. However, the nutritional content in all our porridges is fully sufficient for both small and large children.

**QUESTION:** Why is your porridge so watery?

**ANSWER:** The child's saliva includes enzymes that break down the porridge. Consequently, the porridge may become watery after a while. You may feed from another plate after a while, if you like, to avoid this.

## QUESTIONS?

Please contact our Consumer Advice on phone + 46 2062 20 00, 9 AM to 12 PM weekdays.  
Email: [konsumentkontakt@semper.se](mailto:konsumentkontakt@semper.se)