

Baby Formula Shortage: What Families Need to Know

We know that the recent formula shortage can make it difficult to find the formula that you are used to giving your baby. In most cases, babies can switch between brands of formula without issue. If your baby has specific health needs, it is important to speak with your pediatrician before making any changes.

We also advise against using homemade formula recipes as these do not meet the nutritional needs that growing infants have. “Watering down formula is dangerous. It can cause nutritional imbalances.” www.healthychildren.org

If you are having trouble finding formula for your baby, here are a few tips:

- Check smaller stores, such as family-owned pharmacies and grocers
- Swap name brand formulas for store brand formulas, such as Parents Choice, Up & UP, CVS, etc.
- WIC is honoring many different brands due to the Similac recall. See [this guide for families](#).
- Toddler's formulas are not recommended for infants. However if you absolutely have no other choice, toddler formula is safe for a few days for babies close to a year of age.
- Contact local food banks and churches within the community
- Join local parent groups on social media-- many are sharing when local stores have formula stocked or sharing unopened cans
- The best strategy is to breast feed

Please know you can always contact your pediatrician with specific questions or concerns about feeding your baby.

Resources:

www.healthychildren.org

www.NYSDOH.gov

www.wic.gov

your pediatrician's office