



# Baby Formula Shortages

*Reminders and Tips for Parents & Caregivers*



## WHAT TO DO:

- Look for formula at smaller, local stores or at US based pharmacy websites to order online.
- Check stores for generic brands. For most babies, it is OK to switch to any available formula (unless on an extensively hydrolyzed or amino acid based formula).
- Use social media infant feeding groups for local supplies near you.

## WHAT NOT TO DO:



- Do not water down formula to try to stretch it out.
- Do not make your own formula.



## HELPFUL TIPS:

- For babies 6+ months, pureed food or whole cow's milk may be a safe alternative for a BRIEF amount of time.
- Toddler formula may also be a good temporary alternative for babies close to a year of age.
- **Talk to your pediatrician** with your questions and concerns or for any feeding alternative guidance.



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