

Formula Questions & Resources

What should I do if I can't find my baby's typical formula?

- If your baby is on a standard formula, you can substitute with an alternative brand or another standard formula (see separate sheet of standard formulas and acceptable substitutes).
- If your baby is on a specialty formula, talk to your pediatrician (or the provider who prescribed the specialty formula) about acceptable substitutes.

What should I do if I can't find any formula?

- **Try different types of stores:** large-chain groceries, local groceries, chain pharmacies, local pharmacies. Ask the store if they are able to order your formula and how long it may take to come in.
- **Look online:** purchase from well-known distributors (not individual people or auctions).
- **Ask friends and family** when and where they have found formula.
- **As a last resort**, if your baby is at least 6 months old, after consulting with your child's healthcare provider, you can substitute pasteurized whole cow's milk until you are able to obtain formula. You should resume formula when it is available again. If you have to substitute with whole cow's milk, limit intake to 24 ounces per day.
 - While giving whole cow's milk, you should encourage iron-rich baby foods (iron-fortified baby cereals, green leafy vegetables, red meat).
 - If giving whole cow's milk, ask your pediatrician if an iron supplement is needed to prevent anemia.

Things **NOT** to do:

- DO NOT dilute your baby's formula with additional water. This can be harmful and even deadly for your baby.
- DO NOT substitute with reduced-fat, low-fat, or skim cow's milk. Your baby needs additional fat for optimal brain growth.
- DO NOT substitute with goat's milk, almond milk, cashew milk, oat milk, rice milk, coconut milk, or hemp milk, as these do not have enough calories and nutrients for your baby.
- DO NOT add cereal or baby food to formula
- DO NOT make your own formula
- DO NOT accept cans that are previously opened, dented, damaged or expired

Things to DO:

- DO check online stores and authorized sellers for formula
- DO ask friends and family to help you search for formula
- DO consider store-brand alternatives from list
- DO check and call non-chain grocery stores, food banks, and pharmacies
- DO contact your WIC office for formula options/covered alternative
- DO call formula companies directly for additional resources

Other Resources:

- **For more information**, talk to your pediatrician or reference information from the American Academy of Pediatrics and/or healthychildren.org.
- **Feeding America (feedingamerica.org)**: find your local food bank to ask whether they have infant formula and other supplies in stock.
- **Human Milk Banking Association of North America**: certain HMBA-NA-accredited milk banks are distributing donated breast milk to mothers in need; please note that some may require a prescription from a medical professional (hmbana.org/find-a-milk-bank).
- **Contact your local WIC office** for formula options/covered alternatives
- **Store Locator Links:**
 - Mead Johnson (Enfamil): enfamil.com/store-locator
 - Abbott (Similac): abbottnutrition.com/store-locator
 - Store Brands: storebrandformula.com/buy-baby-formula.aspx
- **Manufacturer Hotlines:**
 - Abbott's (Similac) Consumer Hotline: 1-800-986-8540
 - Gerber MyGerber Baby Expert: 1-800-284-9488
 - Reckitt's (Enfamil) Customer Service line: 1-800-222-9123



For more information, please visit erlanger.org/womens.

