

Managing Formula Shortages & WIC Benefit Limitations

IMPORTANT PRECAUTIONS:

- **DO NOT MAKE YOUR OWN FORMULA**
There is no way to duplicate the same nutrition, quality & safety at home. You could risk your baby's health.
- **DO NOT "STRETCH" FORMULA BY ADDING EXTRA WATER**
This can lead to poor growth, illness, & vitamin/mineral deficiencies.
- **DO NOT USE EXPIRED FORMULA**
Follow the "use by" date on formula containers
- **AVOID PURCHASING FORMULA FROM INTERNATIONAL SOURCES**
(which do not meet FDA standards)



RECOMMENDATIONS & CONSIDERATIONS:



Consider generic or store-brand formulas

It's ok to switch brands within formula types: for example regular, gentle, soy, sensitive or hypoallergenic. The quality & safety standards are strict, so these are safe & comparable to the brand name versions.



Use only infant formula for babies younger than 1 year

DO NOT use toddler formula, plant-based or nut-based milks, or animal milks (cow/goat) until they are AT LEAST 1 year old.



Buy powdered formula

It is much less expensive than ready-to-use & liquid concentrate.



Use cow's milk formula,

UNLESS your pediatrician says you shouldn't. Cow's milk formula is often less expensive than soy formula.



See if insurance will cover the cost of special formula

If your baby needs special formula because of allergies or other health issues, see if your insurance will help cover the cost. Not all health plans offer this coverage, but some do.



Only buy from reputable pharmacies & formula distributors

Purchase only from reputable pharmacies & formula distributors to be sure you are getting formula that is not expired & not fake.



Sign up for formula company newsletters to get coupons & samples

Sign up for newsletters, special programs, & deals on formula company websites. They often send out coupons & free samples.



Comparison shop.

Check to see which store is offering a deal or the lowest price.



Save coupons
& free samples
of formula.



Buy in bulk, when possible, to save money. But first try the brand to make sure your baby likes it & can digest it.

Contact your pediatric provider and/or dietitian for support anytime!