

Due to the recent infant formula shortage, the following is advised for healthy babies under the age of 12 months who are taking standard formula. If your child has been prescribed a formula please consult your registered dietitian or primary care provider.

## Where can I find formula?

- Walmart
- Target
- Walgreens
- Rite Aide
- buybuy BABY
- Vons
- Costco
- Sam's Club
- Save Mart
- Food4Less
- CVS Pharmacy
- FoodMaxx
- Sprouts
- Whole Foods
- WinCo
- Amazon.com
- ThriveMarket.com
- Instacart.com
- Aldi
- Smart and Final
- Dollar General
- Local grocery stores

## Can I switch my baby's formula?

If your baby's "typical" formula is unavailable, consider one of the following generic, store brand, or online formula options that are safe for consumption.

- Kirkland (Costco)
- Parent's Choice (Walmart)
- Up & Up (Target)
- Earth's Best Organic
- Little Journey (Aldi)
- Member's Mark (Sam's Club)
- HiBobbie.com
- ByHeart.com
- Gerber Good Start
- Similac
- Enfamil

If your baby is **prescribed** a formula for a milk allergy please consult your pediatrician or registered dietitian.

## Formula Do's & Don'ts

- DO follow the mixing instructions on the back of the formula can. These instructions may vary depending on brand.
- DO NOT dilute your formula with additional water.
- DO NOT substitute formula with raw milk, plant-based milks or goat's milk.

## What if I am a WIC Participant?

- Call local stores to ensure Enfamil products are available.
- SNAP/EBT benefits can be used to purchase infant formula brand and does not have to be an Enfamil brand formula.
- Contact your local WIC department for further assistance.

## Not a WIC participant?

WIC benefits can only be used for Enfamil products. Please consider purchasing non-Enfamil formula brands.

## Can I use cow's milk in place of infant formula?

If your child is under the age of 12 months, **COW'S MILK DOES NOT REPLACE INFANT FORMULA.** However, if you are unable to locate any form of infant formula you may substitute with cow's milk for 24-48 hours but must follow the recommended guidelines.

- Child closer to **10-12 months** of age
- Must receive a variety of solid foods
  - 1/2-1 cup grains, 1/2-1 cup fruit and vegetables per day, 1/4 to 1/2 cup yogurt per day, 1/4 to 1/2 cup meat and protein foods per day.
- Intake must not exceed 24 oz of cow's milk per day.
- Provide complete multivitamin with **Iron** and other essential nutrients.
  - Polyvisol Multivitamin with Iron
  - Mommy's Bliss Baby Multivitamin with Iron

**Discuss with your primary care provider if substituting cow's milk**