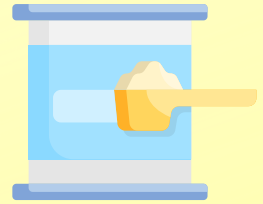
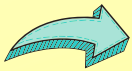


Navigating The Infant Formula Shortage



Guidance for Parents and Caregivers

- Talk to your doctor: Families should consult their pediatrician to discuss the best options for their child. Doctors can provide guidance on comparable formula and specialized formula to meet their babies' medical and nutrition needs. If you do not have a pediatrician, check with your local federally qualified health care center.
- Consider a substitute formula: For most babies, it is OK to use a similar version of their formula if their regular brand of formula is not currently available. Talk with your baby's pediatrician about alternatives.
- Check with drug stores and smaller stores that may not be out of supplies.
- Check the manufactures' website for formula availability before going to a store to purchase.



Safety Do's

- Consider alternative formulas.
- Consider breastfeeding or increasing breast milk if supplementing with formula.
- Infants need formula or breast milk until age 1. If your child is older than six months you can start to supplement with some solids. Talk to your doctor about introducing solids like fortified cereal, mashed bananas and pureed poultry and beans.



Safety Don'ts

- Do not dilute formula. Your baby may not get the nutrition they need, which can be life-threatening.
- Do not make or use homemade formula. Children have been hospitalized for low levels of calcium.

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Breastfeeding

- The Delaware WIC program offers breastfeeding assistance to new mothers, including peer counselors, lactation consultants and manual pumps. Details on WIC's breastfeeding programs can be found at dhss.delaware.gov/dhss/dph/chca/dphwicbfhom01.html
- Check with your local birth hospital for breastfeeding support services.

WIC Recipients

- You are asked to return any unused formula to the Food Bank of Delaware or another state agency food pantry.
- You are able to choose substitute formulas. Contact your local WIC office for the chart or visit www.dhss.delaware.gov/dhss/dph/chca/files/formulachart.pdf
- WIC, SNAP, or TANF can help with the cost of buying formula or to find other infant supplies through local food banks including the Food Bank of Delaware.