

Dear families,

Infant formula has been on shortage during the Covid-19 pandemic. Over the past several months, these shortages have worsened because of several varieties of infant formulas being recalled and disruptions in the supply chain.

We want to help by providing you guidance and answering your questions before discharge.

What if I can't find the formula I need for my baby?

- **Check smaller stores or drug stores.** These may have formula when the larger stores are sold out. It's ok to call stores in advance to ask if they have the formula you need in stock.
- **Try buying formula online.** Buy from well-recognized distributors or pharmacies. Be aware that formula bought from other countries is not reviewed by the Food and Drug Administration. Some online sites may also show where formula is available in local stores.
- **Talk with your pediatrician.** They may be able to provide you with a small supply of formula or direct you to locations or services with product available.
- **Look for infant formula in liquid form if you can't find powder.** Prepared liquid versions of formula may be more expensive than powdered versions but are safe and easy to use.
- **Consider providing a different formula.** Most healthy babies will tolerate receiving a different formula than their usual. Check with your pediatrician first if you have any questions or if your infant is on a specialized formula for their medical needs.
- **Sign up for specialized services that provide infant formula, if you are eligible. These include WIC (Women, Infants, & Children) and SNAP (Supplemental Nutrition Assistance Program).** Contact information for these services may be found online or you could call your pediatrician's office.

Please DON'T:

- **Do NOT dilute the formula with extra water.** Diluting the formula will not provide your baby with proper nutrition. This may cause serious health problems.
- **Do NOT make homemade baby formula.** Homemade infant formulas are not medically recommended. Homemade infant formulas are not tested for safety and may not provide proper nutrition. Use may result in serious health problems or even death.
- **Do NOT use cow's milk or milk alternatives (soy, almond, oat, etc.) in place of infant formula.** Cow's milk and milk alternatives do not meet the nutritional needs of infants. Use may result in serious health problems.
- **It is NOT recommended to routinely use toddler formulas for infants <1 year of age.** The nutritional needs of toddlers are different than the nutritional needs of infants.

Tips:

- Please use the list on the following page to identify substitutes if you can't obtain your infant's usual formula.
- If your infant is receiving a specialized formula for medical reasons or if your infant's usual formula is not listed on the following page, please contact your pediatrician to identify substitutes if you cannot obtain your infant's usual formula.

Common Formulas and Their Alternatives

| | | |
|---|--|--|
| <p>Standard</p> <p>➤ <i>These formulas are for most healthy infants.</i></p> | <p>Similac Advance or Pro-Advance Similac Organic Similac 360 Total Care or Total Care Sensitive Similac for Spit-Up Similac Isomil (made with soy protein) Similac Pure Bliss Enfamil Newborn Enfamil Infant or NeuroPro Infant Enfamil Enspire Enfamil Simply Organic Enfamil Premium A2 Enfamil NeuroPro Sensitive Enfamil A.R. Enfamil Reguline Enfamil Prosobee (plant-based ingredients)</p> | <p>✓ If you are unable to obtain any of the Standard formulas, you may give any formula from the Sensitive/Gentle, Semi-Elemental, or Elemental categories.</p> |
| <p>Sensitive/Gentle</p> <p>➤ <i>These formulas are for most healthy infants who may benefit from partially digested ingredients to promote tolerance.</i></p> | <p>Similac Total Comfort or Pro-Total Comfort Similac Sensitive or Pro-Sensitive Enfamil Gentlease or NeuroPro Gentlease Enfamil NeuroPro Sensitive</p> | <p>✓ If you are unable to obtain any of the Sensitive/Gentle formulas and you are concerned about your infant’s tolerance, you may give any formula from the Semi-Elemental, or Elemental categories.</p> |
| <p>Semi-Elemental</p> <p>➤ <i>These formulas are for infants who may have feeding intolerance. These formulas contain ingredients that are extensively pre-digested.</i></p> | <p>Similac Alimentum Enfamil Nutramigen Enfamil Pregestimil</p> | <p>✓ If you are unable to obtain any of the Semi-Elemental formulas and you are concerned about your infant’s tolerance, you may give any formula from the Elemental category.</p> |
| <p>Elemental</p> <p>➤ <i>These formulas are for infants who may have allergies or severe feeding intolerance.</i></p> | <p>Neocate Infant Elecare Infant Alfamino Infant Enfamil PurAmino</p> | <p>✓ If you cannot obtain any of the Elemental formulas, discuss options for substitution with your pediatrician.</p> |
| <p>Preterm</p> <p>➤ <i>These formulas are for preterm or low birth weight infants, as prescribed by a medical professional.</i></p> | <p>Similac NeoSure Enfamil EnfaCare or NeuroPro EnfaCare</p> | <p>✓ If you cannot obtain any of the Preterm formulas, you may temporarily give any formula from the Standard, Sensitive/Gentle, Semi-Elemental, or Elemental categories until you find more Preterm formula. <u>If using a substitute formula, follow the instructions for mixing on the back of the can.</u></p> |

- ❖ Formulas listed within each row are similar in primary ingredients and nutrition. Formulas in each category may be substituted for one another (example: substitute Similac Advance with Enfamil Infant).
- ❖ Store brand infant formulas (such as Parent’s Choice, Up&Up, Kirkland, Earth’s Best, etc.) may also be used as substitutes. Names will be similar to those in each category (e.g., “Parent’s Choice Sensitivity” is similar to “Similac Sensitive”, and “Parent’s Choice Advantage” is similar to “Similac Advance”).