

How to find formula

I'm low on formula. What can I do?

We're here to help. Try these tips:

- Look for different brands. Using a generic or off-brand is OK
- Check your smaller, local stores. Bigger stores can run out first.
- Buy online from popular places you know are safe (ask your medical provider if you need guidance).
 - Search pharmacies and other well-known sites.
 - Make sure the formula is FDA approved.
 - Talk with your pediatrician before trying new formula.
- Do not buy from individuals. Join an infant formula social media group

Where can I find help?

These websites can help you find information you need about formula:

- AAP's Health Children Advice <https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Are-there-shortages-of-infant-formula-due-to-COVID-19.aspx#:~:text=It%20can%20be%20tempting%20to,formula%20to%20help%20ease%20shortages>.
- 211 (Find local resources) [211la.org](https://211.org)
- Feeding America (Food banks) feedingamerica.org
- Tips from the CA Department of Public Health
- <https://www.cdph.ca.gov/Programs/CFH/Pages/Infant-Formula-Availability/Infant-Formula-Availability.aspx>
- WIC (Free food assistance) myfamily.wic.ca.gov
- Find Help (Free & Discount Program) findhelp.org

What substitutions can I use?

- Breastfeeding: If you can, continue breastfeeding, pumping, and hand expressing (using your hands to massage milk from your breast).
 - Call your insurance for a free breast pump
 - If you work, CA law Code 1030/1031 states your employer must provide you a clean space (not the bathroom) and break time to pump.
- Whole Cow's milk: If your baby is over 6 months old, you can use cow's milk instead of formula, but do not give it for longer than one week.

Quality

What other information should I know?

- If your baby is younger than 12 months old, do not use plant-based milks (soy, rice, oat, almond, etc.) or toddler formula.
- Do not dilute (water down) formula or make homemade formula. This can cause electrolyte problems and seizures.

Talk with your pediatrician if you have any questions!