

# FORMULA SHORTAGE DOS AND DON'TS



- ✓ **Check with your healthcare provider before switching formula.** It is always best to check with your doctor before switching any sort of supplement, medication, or switching your or your baby's diet.
- ✓ **Call stores before driving to them.** This will not only save you time, but also money for gas. Sometimes you can check if the product is in stock on their website.
- ✓ **Access your trusted community and local parent groups.** Parent groups can be a great resource to get local information but be sure to check with a professional (doctor, dietitian, nurse, etc.) before following any one recommendation.
- ✓ **Check with other retailers/ sources besides just big name stores.** Sometimes smaller retailers will have more in stock. Be sure to call before you drive there.
- ✓ **Reach out to us here at your local WIC office.** Barry Office: 269-945-9516 and Eaton Office: 517-541-2630
- ✓ **Explore other options like generic brands, human milk banks, and re-lactation.** Check with your doctor before switching formula, and be sure the milk bank are certified. Contact our WIC staff for breastfeeding support.
- ✓ **Talk with your pediatrician or healthcare provider before introducing solids.** This is always the best practice, as baby needs to hit certain milestones before solids are introduced for the safety of the child.



- ✗ **Do not dilute the formula.** Adding extra water to formula reduces the amount of nutrients a baby will receive and can cause imbalances, slow growth and development, and serious health problems, including seizures, due to electrolyte imbalances.
- ✗ **Do not make homemade infant formula.** This does not meet baby's nutritional needs and some recipes found online may contain ingredients unsafe for baby.
- ✗ **Do not feed your baby cow's milk (raw or regular) before the age of one.** Cow's milk has too many proteins and minerals for baby's kidneys, does not have the right amount of nutrients for baby and may cause intestinal bleeding, and cow's milk does not have the healthiest types of fat for growth and brain development. Raw milk is unpasteurized and may contain harmful bacteria and germs that can make baby very sick.
- ✗ **Do not use milk alternatives (soy, oat, rice, coconut, cashew, almond and others).** These products are too low in protein and minerals for baby and may include added sugars, which baby does not need.

For WIC alternate formula options visit:  
<https://www.michigan.gov/mdhhs/assistance-programs/wic/formula-recall-information-for-wic-participants>

Find formula here:  
<https://www.hhs.gov/formula/index.html>

Call us today to see if you qualify!

Barry Office: (269) 945-9516

Eaton Office: (517) 541-2630

[www.barryeatonhealth.org/WIC](http://www.barryeatonhealth.org/WIC)

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camera & point it here:



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