

INFANT FORMULA SHORTAGE

- For the most up-to-date information on the formula shortage go to: <https://www.hhs.gov/formula/index.html> . This website has information on the formula shortage, FAQs, and to know if the infant formula they are using has been recalled as well as resources.
- For specific formula substitution information, go to: <https://www.tn.gov/wic.html> ; this website is updated regularly. The formula substitution list is pertinent to all consumers, regardless if they are a WIC participant or not.
- Tennessee WIC customers who bought the recalled Similac infant formula using WIC benefits can return the product to the store where it was bought for an exchange, substitute product, store credit, or a cash refund.
- Additional resources from the Department of Health and Human Services are available at <https://www.hhs.gov/formula/index.html>

General Formula Information:

- Parents should only use FDA-regulated infant formulas (toddler formulas can be safe for a few days if there is no other choice for babies who are close to turning a year of age)--please consult your baby's doctor or local WIC office if you have any questions or concerns about formula.
- The FDA and American Association of Pediatrics strongly discourage using homemade formulas. It could cause additional health concerns such as chemical imbalances, gastrointestinal distress, or allergic reactions.
- Do not dilute formula because this can lead to chemical imbalances that can be dangerous for an infant.
- Parents should not use cow's milk for infants below the age of 6 months. Cow's milk could be an option for babies aged 6-12 months in an emergency, for a limited amount of time. Consult with your baby's doctor before using cow's milk in her or his diet. Click on this link for more feeding recommendations during a formula shortage: <https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Are-there-shortages-of-infant-formula-due-to-COVID-19.aspx>.
- For additional feeding or nutritional information or help with local resources, consult with your baby's doctor or go to the American Academy of Pediatrics website at <https://www.healthychildren.org/English/Pages/default.aspx>.

Breastfeeding

- Breastfeeding is a great option if a woman is able to breastfeed. A mother's breastmilk is the best nutritional support for her baby.

- Families, workplaces, community spaces, and religious groups can support mothers with this by providing appropriate space and time to breastfeed.

Additional Resources:

<https://www.aap.org/en/news-room/news-releases/aap/2022/american-academy-of-pediatrics-urges-white-house-congress-to-take-comprehensive-urgent-action-to-address-infant-formula-shortage/>