

We know during this difficult time, you are doing all you can to best feed your baby. For families impacted by the infant formula shortage, the Office of Nutrition Services kindly recommends:

- Consult with your infant/child's healthcare provider for specific nutrition recommendations as they will know best what is right for your child.
- Call ahead before going to the store to ask about product availability.
- Consider using a manufacturer formula tracker or reputable social media site to help locate formula.
- If you do not see the formula you need on the shelf, kindly ask a store associate for assistance.
- If you rely on WIC benefits for your formula and are unable to locate it at a WIC vendor, consider going to a non-WIC store to purchase formula with your SNAP or TANF benefits.
- Consider talking to the pharmacy to ask for help if your child is on a specialized formula.
- If your child is on a specialty or medical formula, call their healthcare provider to ask about adjusting their prescription to an appropriate alternative formula available for purchase.
- If you are a WIC participant, your provider may call your local clinic to discuss alternative formulas available for WIC purchase.
- If you need help increasing milk supply, reach out to your infant's healthcare provider for help.
- If you are a WIC participant and need help increasing milk supply, reach out to your local WIC clinic. Ask about our Pacify App!
- Never use expired formula. Nutrients in expired formula begin to degrade after the "use by" date. Ingredients may start to separate and clog and are not good for your baby. Bacteria may also start to form.
- Please never dilute your formula. Diluting infant formula with water or other liquids can be dangerous and even life-threatening for babies.
- Please do not add cereal to your baby's bottle. Offering cereal before your baby is developmentally ready can increase the risk of gagging, choking, and inhaling the thickened mixture into their lungs.
- Please do not try to make homemade formula. Homemade formulas often have inadequate amounts of critical nutrients. Other consequences can include severe nutritional imbalances and foodborne illnesses, both of which can be life-threatening.
- Please do not use cow's milk or goat's milk too early. Goat milk is not meant for any baby, but especially those who are cow's milk intolerant or have sensitive

tummies. Speak with your healthcare provider before introducing milk into your baby's diet.

- Please do not feed your baby non-dairy milks or creamers made from things like almonds, soy, oats, or coconut. These lack the nutrients your baby needs to grow and be healthy.
- Those participating in WIC may contact their local WIC clinic for assistance
- If you believe you or someone close to you is eligible to receive WIC services, please visit our website at <https://dhhr.wv.gov/WIC/apply/Pages/default.aspx>.