

INFANT FORMULA SHORTAGE: TIPS AND SUPPORT FOR CT FAMILIES

The recent infant formula shortage has created an extremely challenging situation for families who rely on formula to feed their children. The Biden–Harris Administration is working with manufacturers to ramp up production; and with retailers to ensure that infant formula is safe and available for families across the country. However, we know that this will take time, and currently many Connecticut families are feeling the stress and pressure of this situation. In an effort to support families, the OEC has compiled resources that may help those struggling to find formulas.

TIPS FOR FINDING FORMULA:

- Check smaller stores and drug stores.
- Check online distributors and pharmacies (only buy from well-recognized names).
- Search for and join local social media groups dedicated to formula support; members often share tips on where formula is available in your town.
- Call your OB/GYN or pediatrician to see if they have in-office samples or can suggest an alternative.

ORGANIZATIONS THAT MAY HELP:

- **Locate your nearest Community Action Agency (CAA)** – CAA may be able to provide you with formula or connect you with local agencies that have formula in stock.
- **United Way's 2-1-1** – Dial 2-1-1 to be connected to a community resource specialist who may be able to help you identify food pantries, and other charitable sources of local infant formula and baby food.
- **Feeding America** – Call your local food bank to ask whether they have infant formula and other supplies in stock.
- **Human Milk Banking Association of North America (HMBANA)** – Certain HMBANA-accredited milk banks are distributing donated breast milk to mothers in need; please note that some may require a prescription from a medical professional. Find an **HMBANA-accredited milk bank**.
- For WIC-eligible families – Your **local WIC** office may be able to identify or obtain additional sources of infant formula nearby. Check out the **Temporary Formula Substitutions** list which provides substitutes that you may find available in stores. This list is updated regularly.

IMPORTANT THINGS TO REMEMBER:

- It is never safe to water down formula; it may seem like it would make it last longer, but it is not safe and can be dangerous. Always follow the label instructions or your health care provider's guidance.
- Do not try to make formula at home or use toddler formula to feed infants. If you are in dire need, review guidance by the **American Academy of Pediatrics**.
- Talk to your pediatrician about options of what may be nutritionally similar to your infant's typical formula as you may be able to substitute in a pinch.
- Don't discard formula unless it is expired or part of the recall. Check your formula's **lot code** to see whether or not it was affected by the recall.
- For individuals currently combining breastfeeding and infant formula feeding, you can try to increase milk supply by breastfeeding or pumping more often. The more milk that is removed, the more milk will be produced. Visit **USDA WIC Breastfeeding** for more information.
- For specialty formulas, ask your OB/GYN or infant's pediatrician to submit an urgent product request; Information can be found at **The Abbott's Urgent Product Request**.

We understand this is hard. You are doing the best you can in this challenging time and you are not alone!

For manufacturer hotlines and more information, visit: <https://www.hhs.gov/formula/index.html>