



Parent Tips for Obtaining Infant Formula During COVID-19 Pandemic

Call Your Pediatrician

- Pediatricians can recommend other brands that are similar to your go-to brand that may not be available
- Your pediatrician may have samples to provide if you are unable to find product in stores.

Call Your WIC Clinic

- Your local WIC may be able to guide you in locating stores with available supplies
- Contact your local WIC to determine eligibility for benefits

Be Mindful of Food Safety

- Make sure the formula was made in the U.S. and not expired
- Do not buy formula from unknown online sellers, or individuals selling from their personal stores, as these products may be fake, or of unknown quality
- Do not make your own formula

Check Other Stores

- Local stores, smaller stores may still have formula in stock
- Ask a store manager if they have more stock in the back, or behind the counter for families in need
- Check online to see if your store may deliver or hold item for pickup
- Call stores before arriving

Check Online

- Store may not have had time to restock so online retailers are another option
- If internet access is not available, call up stores to see if they have any in stock before coming

Contact Your Local Hospital

- Though supplies are limited to patients, some hospitals are understanding and will give some formula out for an emergency situation.

If You are Breastfeeding

- Follow the CDC guidelines on breastfeeding and COVID-19:
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html>

Reference:

Miller, K. (2020). Buying baby formula during the coronavirus outbreak: what parents need to know.
<https://www.whattoexpect.com/news/family/baby-formula-during-coronavirus/>