



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 is 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

- Stores 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.

Contact Your Local Food Bank

- **Second Harvest Food Bank of Orange County**
8014 Marine Way Irvine, CA 92618
Phone: (949) 653-2900
Web Site: www.feedoc.org



Orange County Chapter

- **Community Action Partnership of Orange County Food Bank**
11870 Monarch St. Garden Grove, CA 92841
Phone: (714) 897-6670
Web Site: www.ocfoodbank.org
- Dozens of other non-profits, food pantries, and meals sites operate in Orange County, California. Thousands of families receive some form of assistance from these centers every month. Dial 949-653-2900 to get information, addresses, and phone numbers of additional pantries.

If You are Breastfeeding

- Follow the CDC guidelines on breastfeeding and COVID-19: www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html
- **Is homemade baby formula safe? Click on the links below for more information.**
 - www.aappublications.org/news/2019/02/25/homemadeformulapp022519
 - www.healthychildren.org/English/ages-stages/baby/formula-feeding/Pages/Is-Homemade-Baby-Formula-Safe.aspx