

Having trouble finding your baby's formula?



✓ DO

- ✓ **Call the HelpLine Center at 211** to locate food distribution sites in your area that may have formula.
- ✓ Unless your baby is on a specialized formula for medical needs, **consider using a different formula brand**, including store brand.
- ✓ **Talk to your pediatrician** about introducing complementary foods.
- ✓ **To increase breast milk supply contact your local Community Health Offices** - SD Dept. of Health and work with a breastfeeding expert.
- ✓ **Pay close attention to online retailers** if purchasing formula.

✓ DON'T

- ✗ **Do NOT feed your baby cow's milk, goat's milk, or other non-dairy milk until 1 year old**, unless approved by your child's pediatrician. These do not provide adequate nutrition for infants.
- ✗ **Do NOT make homemade infant formula or watered-down formula.** There are serious health and safety concerns.
- ✗ **Do NOT buy formula online that comes from outside the U.S.**, which could be counterfeit.
- ✗ **Do NOT stockpile.** This will help make sure others have access to formula and allow time to restock shelves.

More information can be found at sdwic.org/news/



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