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/](http://sdwic.org/news/)

This institution is an equal opportunity provider.