

**Due To The Formula Shortage That Is Impacting** Families Nationwide (WIC And Non-WIC), Please Keep In Mind The Following Information **About Formula:** 

### DO NOT MAKE YOUR OWN FORMULA AT HOME

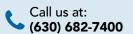
The first year of life is a key time for your baby's body and brain to grow. Your baby could suffer long-term harm if they do not get the right nutrition.

**IDHS: Having Troubling Finding** Formula?

https://bit.ly/3MbSPRh



#### For more information





#### **Clinic Locations**

111 N. County Farm Road Wheaton, IL 60187

245 N. Roosevelt Road **Building 14, Unit 146** West Chicago, IL 60185

422 N. Cass Avenue Westmont, IL 60559

1111 East Jackson Street Lombard, IL 60148

1111 West Lake Street Addison, IL 60101





### **YOUR BABY'S HEALTH IS OUR PRIORITY**

**Important Facts About Formula** 



# According To The American Academy Of Pediatrics:

- Recipes for homemade formulas on the Internet are not safe and do not meet your baby's nutritional needs.
- All infant formulas sold in the U.S. meet strict rules about ingredients.
- Homemade formula mixtures may not have enough iron and vitamins.
- They could also have too much of certain nutrients that your baby's kidneys cannot handle.

### DO NOT Dilute Or Add Extra Water, Cereal, Or Other Solids To Your Baby's Formula:

- Always follow the formula label instructions or those given to you by your baby's doctor.
- Adding extra water to formula is dangerous and can lead to very serious health problems.

### There Are NO Safe Alternative Milks To Replace Formula:

- ✓ It is not safe to use regular cow's milk or other types of non-dairy milk to replace formula. None of these alternatives have the right amount of nutrients including protein, iron, and vitamins.
- Do not buy formula or breastmilk from an unknown source or stranger.

# DO NOT Use Any Of The Following In Place Of Formula For Your Baby:

- ✓ Regular cow's milk
- Toddler milks
- ✓ Goat's milk
- Plant-based milk substitutes such as soy milk, almond milk, or oat milk





## **Tips For Finding WIC Authorized Formula**

- Call before you shop to ask if the store has the formula you need.
  - If not, ask them when they will be restocking.
  - If they do have it in stock, ask if customer service can hold formula for you while you are on your way to pick it up.
  - Make sure to tell them you are a WIC participant and how many cans of formula you need.
- Call your doctor's office and ask if they have any samples from the formula company.
- Call your local WIC office for assistance and information about food pantries/food banks in your area that may offer formula.
- If your infant is on a specialized formula, please check with your local WIC office or doctor's office about other formula alternatives.