

Baby Formula Shortage: Expert Tips and Do's and Don'ts

- » Call your local OBGYN or pediatrician. They may have samples from local representatives.
- » Contact your local WIC office for other places to check for formula and or offer a list of alternative formulas.
- » Check smaller, local owned stores (JC Food Mart), which may not be out of supply.
- » Call retailers to ask about their current supply and planned days of receiving shipment to coordinate shopping on those days and times. Most retailers replenish supply early in the week.
- » Shop online. Choose from well-recognized distributors (Amazon, buybuy Baby, Target, Walmart, Sams Club, Costco) rather than "auction" sites. Do not buy formula from overseas as it is not FDA regulated.
- » Check social media mom groups dedicated to infant feeding and formula. These groups may be able to provide information on where products are available or people who are willing to donate unopened/unexpired cans.
- » The majority of babies can tolerate a mix of formulas including generic store brands, within an equivalent line of standard term formulas.
- » Previous preterm infants on preterm discharge formula can temporarily transition to term formulas if unable to find the prescribed formula at discharge.
- » If your infant requires a specialized formula for known allergies or other medical conditions (renal, metabolic) and you are unable to find the prescribed formula, reach out to your pediatrician, pediatric specialist and or DME (Durable Medical Equipment) company for appropriate substitutions.
- » If available, consider using ready-to-feed formula.
- » DO NOT try to make your own baby formula. This is not safe, it may not meet your babies' nutritional needs, and can be harmful or even fatal.
- » DO NOT dilute your current formula with water. Watering down baby formula is dangerous altering nutritional composition/electrolytes that can be harmful or even fatal to your infant.
- » When purchasing formula avoid over purchasing to prevent further diminished supply for others.
- » Remember we are here to support moms in their breast feeding/pumping journey and efforts in selecting/locating formula to feed their infants.
- » If you have received mixing instructions from a medical professional to provide higher calories and can't find the prescribed formula, please contact your Pediatrician or dietitian for alternate mixing instructions.

Infant Formula Substitution Guide

If Using	Formula Options	Availability
Preterm Formula*	<ul style="list-style-type: none"> • Similac Neosure • Enfamil Enficare 	Grocery stores, Amazon, BuyBuy Baby, JC Food Mart
Standard Term Formula	<ul style="list-style-type: none"> • Similac Advance/Similac Pro-Advance/Similac Total Care 360 Advance, Similac Organic • Enfamil Infant, Enfamil NeuroPro, Enfamil Enspire, Enfamil Premium, Enfamil Organic • Gerber Good Start Gentle • Parent's Choice Infant, Parent's Choice Advantage • HEB Baby HMO Advantage • Up&Up Advantage Powder, Up&Up Infant 	Grocery stores, Amazon, BuyBuy Baby, JC Food Mart
Soy	<ul style="list-style-type: none"> • Similac Soy Isomil • Gerber Good Start Soy • Enfamil Prosoabee • HEB Baby Soy • Up&Up Soy 	Grocery stores, Amazon, BuyBuy Baby, JC Food Mart
Reduced Lactose	<ul style="list-style-type: none"> • Similac Sensitive/Similac Pro-Sensitive/Similac Total Care 360 Sensitive • Enfamil Sensitive • Parent's Choice Sensitivity • HEB Baby Sensitivity • Up&Up Sensitivity 	Grocery stores, Amazon, BuyBuy Baby, JC Food Mart
Spit-Up Formula	<ul style="list-style-type: none"> • Similac for Spit Up • Enfamil AR • Parent's Choice Added Rice Powder 	Grocery stores, Amazon, BuyBuy Baby, JC Food Mart
Reduced Lactose & partially hydrolyzed whey	<ul style="list-style-type: none"> • Similac Total Comfort/Pro Total Comfort/Similac 360 Total Comfort • Enfamil Gentlease/Neuropro Gentlease/Enspire Gentlease • Gerber Good Start SoothePro • Parent's Choice Complete Comfort Powder, Parent' Choice Gentle Powder • HEB Baby Complete Comfort • Up&Up Gentle 	Grocery stores, Amazon, BuyBuy Baby, JC Food Mart
Extensively Hydrolyzed Proteins	<ul style="list-style-type: none"> • Similac Alimentum • Enfamil Nutramigen • Gerber Extensive HA • Parent's Choice Hypoallergenic • HEB Baby Hypoallergenic • Up&Up Hypoallergenic Powder 	Some Grocery stores, Pharmacies, Medical Supply Companies (DME)
Elemental Protein (Free Amino Acids)	<ul style="list-style-type: none"> • Elecare Infant • Puramino • Neocate Infant • Neocate Syneo • Alfamino Infant 	Some Grocery Stores, Pharmacies, Medical Supply Companies (DME)
Toddler, Extensively Hydrolyzed Proteins	<ul style="list-style-type: none"> • Alimentum Toddler • Nutramigen Toddler 	Grocery stores, Pharmacies, Amazon, BuyBuy Baby, JC Food Mart
For over 1 year of age. Elemental Protein (Free Amino Acids)	<ul style="list-style-type: none"> • Elecare Junior • Alfamino Jr, Neocate Jr, Neocate Jr with Prebio, Neocate Splash, Puramino Jr 	Some Grocery Stores/Pharmacies/Medical Supply Companies (DME)
Perrigo Store Brands**	<ul style="list-style-type: none"> • Amazon (Mama Bear) • Wal-Mart (Parent's Choice) • Target (Up&Up) • Sam's Club (Member's Mark) • Kroger (Comforts) • Walgreens (Well Beginnings) • CVS (CVS Health) 	

*If unable to find a preterm formula, please choose from the Term Formula List as a temporary alternative.

**Can be substituted for any name brand formula.

For any questions or concerns, please contact your NICU dietitian support team:

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