

FORMULA SHORTAGE: WHAT PARENTS NEED TO KNOW

Health Department Recommendations:

1. Don't water down the formula you do have.
2. Never make homemade baby formula.
3. For most babies, it is OK to switch from one milk-based or soy-based brand to another, including store brands. For babies that need specialized formulas, talk with your child's pediatrician.
4. Do not substitute goat's milk, or plant-based milk for infant formula.
5. Do not feed your baby cow's milk or other non-dairy milks before your baby is 1 year old, unless you've talked to your child's pediatrician.
6. People can also look to online retailers of infant formula. It is very important to ensure they are legitimate and safe sources. Scam sites can result in product dangerous to the baby. Only order from well-recognized distributors and pharmacies. You can check out a company's reputation through the Better Business Bureau.
7. Talk to your pediatrician about introducing complementary foods by 6 months (no earlier than 4 months).

Vermont Donor Milk Center

- For people interested in donating breastmilk, the Vermont Donor Milk Center is a milk depot and dispensing site. They accept milk from screened donors, store it in freezers, and ship it to the milk bank out of state for processing.
- For people interested in getting donated breastmilk from the Vermont Donor Milk Center – talk to your pediatrician because babies need a prescription to access milk from the donor center.

WIC Recipients

- If you are considering breastfeeding, WIC is providing access to pumps, peer counselors, and lactation services.
- The approved list of brands and sizes of formula you can purchase with your WIC electronic payment cards was recently expanded to help you have easier access to formula during the formula shortage.

Contact your local health office for questions and support

Barre: 888-253-8786, 802-479-4200

Bennington: 800-637-7347, 802-447-3531

Brattleboro: 888-253-8805, 802-257-2880

Burlington: 888-253-8803, 802-863-7323

Middlebury: 888-253-8804, 802-388-4644

Morrisville: 888-253-8798, 802-888-7447

Newport: 800-952-2945, 802-334-6707

Rutland: 888-253-8802, 802-786-5811

St. Albans: 888-253-8801, 802-524-7970

St. Johnsbury: 800-952-2936, 802-748-5151

Springfield: 888-296-8151, 802-289-0600

White River Junction: 888-253-8799, 802-295-8820

Other Phone Numbers

- If you are experiencing difficulties finding supplies, call the governor's office at 802-828-3333.
- For families that require specialty formula, Abbott has a hotline at 1-800-881-0876.

