

Baby Formula Shortage in Los Angeles County

Tips, Guidance, and Resources



For families with formula-fed infants, we are here to help. Please follow the guidance below to keep your children healthy and find the resources you need. This guidance is only to be used during the current formula shortage and may change as new information becomes available. Always talk with your pediatrician if you have any concerns about your baby's nutrition.



If you are pregnant or expecting a baby:

- Prepare for potential infant formula shortages when making decisions about infant feeding. You can find health care providers and hospitals that are supportive of breastfeeding at [LA's breastfeeding resource directory](#).
- Do not stock up on formula while you're pregnant. You may not need it and another family may.



Tips for feeding your baby formula:

- Only prepare the amount of formula your baby will eat at one time, so you do not waste any of your supply.
- Do not make your own formula or feed homemade formula to your baby. Experience tells us that homemade formula leaves out critical nutrients and can be easily contaminated.
- Do not water down your baby's formula to make it last longer. No matter the brand, always follow the directions on the container precisely. Read the CDC's additional [guidance on preparing powdered formula](#).



If your baby is 6 months of age or older, talk to your pediatrician about:

- Giving your infant whole cow's milk on a very short-term basis, up to one week. Your pediatrician will need to monitor if your baby is getting enough iron.
- Introducing solid foods in addition to formula and/or breastmilk.

If you are feeding your baby a combination of formula and breastmilk:

- Consider breastfeeding and/or pumping more often. Remember, you have a right to take [time off at work to pump](#).
- Women who have recently stopped breastfeeding can try to restart. For lactation support, visit the [breastfeeding resource directory](#).
- Request donations of human milk via a [nonprofit milk bank](#) or [informal milk sharing](#) groups in your community.



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- If you are breastfeeding and have an oversupply, consider donating to a nonprofit milk bank or [milk depot](#) or via informal milk sharing groups in your community.

Tips for finding formula:

- Tell your doctors and home visitors that you are having trouble finding formula. They may be able to provide a short term supply or help your family meet your feeding needs in other ways.
- Obtain formula from trusted sources such as formula companies, grocers, and pharmacies.
- See list of [available formulas](#) that are like your own brand and that you can use if your child's formula cannot be found.
- Call the vendor (store) ahead of time or look online to see if they have formula in stock. If you have multiples (twins, triplets), bring a copy of the children's birth certificates with you to stores to demonstrate your need.
- If you cannot find the formula you need for your infant, consider contacting your local foodbank or food pantry ([Los Angeles Regional Foodbank](#)) or [formula manufacturer](#) hotlines directly.
- If you use WIC (the Women, Infants and Children Program), see: [Formula Shortage - California Women, Infants & Children Program](#). If you're not already enrolled in WIC, you can [apply today!](#)



Finally, PLEASE do not buy formula your family does not need, especially specialized formulas. Babies with special needs really need to have those formulas. Keep it on the shelves for those who need it. Thank you for protecting our communities.

