

# Feeding Your Baby During the Infant Formula Shortage



## Talk to Your Child's Health Care Provider



If you cannot find infant formula, **talk with your child's health care provider about your best alternative feeding options.** They may be able to recommend different infant formulas or safe substitutions. For more information on switching infant formula brands or other substitutions, go to [hhs.gov/formula](https://hhs.gov/formula).

## Infant Formula Do's and Don'ts



### Do's

- Make sure the **infant formula container is sealed**, in good condition, and **has not expired**.
- **Talk to your health care provider about using a different brand.** Most babies will do just fine with different brands of formula. For more tips on switching brands, go to [hhs.gov/formula](https://hhs.gov/formula).
- **Buy no more than a 10-day to 2-week supply** so that others will be able to find infant formula.
- If you are feeding both breast milk and formula to your infant, **consider shifting more of your baby's diet to breast milk**, if possible. To increase your milk supply, you can try breastfeeding or pumping more often. You can find resources for mothers who are breastfeeding at [hhs.gov/formula](https://hhs.gov/formula).



### Don'ts

- **Don't try to make infant formula at home.** Homemade infant formula may contain too little or too much of certain vitamins and minerals, such as iron. It also increases the risk of contamination, which could make your baby sick.
- **Don't water down infant formula.** Adding more water means your baby does not get enough of the nutrients they need and can lead to serious health problems, like seizures.
- **Don't use infant formula past the "best by" or "use by" date.** It may not be safe and may have lost some of its nutrients.

## Guidance for Imported Infant Formula



- The Food & Drug Administration (FDA) is helping facilitate the import of safe and nutritious infant formula from other countries. FDA's review includes looking at the ingredients, nutrient testing, manufacturing safety, allergen labeling, and directions.
- **Read the infant formula label and instructions carefully.** They may require different amounts of powder or water than infant formulas made in the U.S.
- Imported infant formulas may provide directions in milliliters instead of ounces. **You can use the table below for common conversions.**
- For tips on infant formula preparation and other information, go to [hhs.gov/formula](https://hhs.gov/formula).

Milliliters to Fluid Ounces	
Milliliters (ml)	Fluid Ounces (fl oz)
30 ml	1 fl oz
60 ml	2 fl oz
120 ml	4 fl oz
180 ml	6 fl oz

**Remember:** If you want to warm the baby's bottle, place the capped bottle into a bowl of warm water for a few minutes. Test the temperature by putting a few drops on your wrist. It should feel warm, not hot. Never use a microwave.

If you do not have internet access, please call the FDA's emergency call center (1-866-300-4374).