



The current and ongoing infant formula shortage has been caused by several factors, including the recent formula recall and continued supply chain issues. If you or a family member are struggling to find infant formula, please see the tips below from Pinal County Public Health:

- What are a few suggestions for finding infant formula?
 - Discuss with your pediatrician if they have any sample cans or have a discussion about switching to an alternative formula that may be appropriate for your infant.
 - Call your local food pantry or food banks to see if formula is available at their site.
 - Utilize store finders provided by formula manufacturers on availability of formula near you or if purchasing online is available.
 - Abbott Store Locator: <https://abbottnutrition.com/store-locator>
 - Enfamil Store Locator: <https://www.enfamil.com/store-locator/>

- What are the dangers of homemade formula?
 - The American Academy of Pediatrics (AAP) strongly advises families to not make homemade formulas. Infants need a specific balance of nutrients to help support healthy growth and development. A variety of recipes of homemade formulas have been found on social media but these are not safe and they do not meet a baby's nutritional needs. These homemade formula recipes found online may not have enough of certain nutrients that are important for growth and development such as iron, or may have too much of certain nutrients that your baby cannot handle in large quantities.

- Would it be appropriate to add more water to the formula?
 - Adding more water to the formula to help stretch out a can of formula is not appropriate nor safe to do. It is extremely important to always follow the instructions provided on the formula can or those provided to you by your infant's pediatrician.

- What do I do if I participate on WIC and cannot find the formula specified on my benefits?
 - Contact your local WIC office to review and change your benefits to the formula options you are seeing at the store. We are also here to discuss which formulas are equivalent to the one specified on your benefits. You can reach Pinal County WIC by calling 866-960-0633.
 - Participants are also able to contact the Arizona WIC Shopper's Helpline at 866-927-8390 (Monday through Friday from 7 AM to 7 PM and Saturday from 8 AM to 1 PM) to discuss and change benefits.

- Comparable Formula Alternatives
 - Please keep in mind that some babies adjust quickly to a new formula but some may need up to a week or two to fully transition to a new formula.
 - The table below lists some comparable infant formulas to consider, after you have talked to your infant’s pediatrician.

Similac Products	Comparable Formula Alternatives
<ul style="list-style-type: none"> ● Similac Advance ● Similac Pro-Advance ● Similac 360 Total Care 	<ul style="list-style-type: none"> ● Enfamil Infant ● Enfamil NeuroPro Infant ● Enfamil Enspire
<ul style="list-style-type: none"> ● Similac Sensitive ● Similac Pro-Sensitive ● Similac 360 Total Care Sensitive 	<ul style="list-style-type: none"> ● Enfamil NeuroPro Sensitive ● Enfamil NeuroPro Gentlease
<ul style="list-style-type: none"> ● Similac Total Comfort ● Similac Pro-Total Comfort 	<ul style="list-style-type: none"> ● Enfamil Gentlease ● Enfamil NeuroPro Gentlease ● Enfamil Enspire Gentlease ● Enfamil Reguline ● Gerber Good Start GentlePro ● Gerber Good Start SoothePro
<ul style="list-style-type: none"> ● Similac Soy Isomil 	<ul style="list-style-type: none"> ● Enfamil Prosobee ● Gerber Good Start Soy
<ul style="list-style-type: none"> ● Similac for Spit-up 	<ul style="list-style-type: none"> ● Enfamil AR
<ul style="list-style-type: none"> ● Similac Alimentum 	<ul style="list-style-type: none"> ● Enfamil Nutramigen with Probiotic LGG ● Gerber Extensive HA
<ul style="list-style-type: none"> ● Similac Neosure 	<ul style="list-style-type: none"> ● Enfamil NeuroPro Enficare