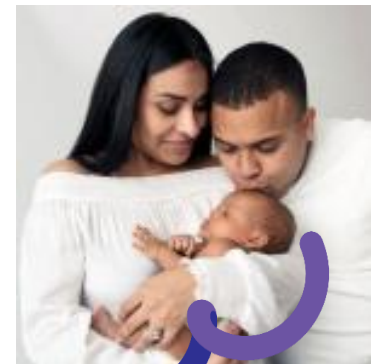


FORMULA SHORTAGE FAQs

IS THERE A RECIPE FOR HOMEMADE FORMULA?

The American Academy of Pediatrics strongly advises **AGAINST** feeding homemade formula to your baby.

Making infant formula at home was once commonplace. Today, we know **homemade formula is not safe for your baby**. The first year of life is an important stage of development. Improper nutrition during this time can have long-term effects.



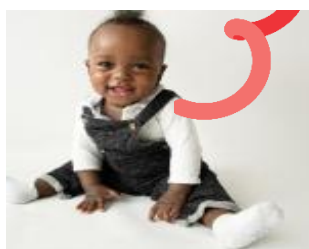
Risks of using homemade formula



- Getting too much or too few vitamins and minerals
- Poor or slow growth
- Increase risk of contamination and/or infections
- Learning delays

CAN MY BABY DRINK COW, GOAT, OR PLANT-BASED MILK?

- Plant-based milk (like soy, almond, hemp, etc.) is not safe for your baby.
- According to the CDC, cow's milk may put babies under 12 months old at risk for intestinal bleeding.
- Animal milk has too many proteins and minerals for your baby's kidneys to handle and does not have the right amount of nutrients your baby needs.



IS IT OKAY TO BUY FORMULA FROM ANOTHER COUNTRY?

- The FDA does not check formulas from other countries for safety.
- Shop at well-known stores and websites located inside the US.

CAN I ADD MORE WATER TO MAKE THE FORMULA LAST LONGER?

- Formula made with too much water can cause your baby to lose weight or become malnourished.
- Adding cereal to your baby's formula bottle can increase the risk of choking.
- Your baby's pediatrician, a WIC nutritionist, or the local food bank may be able to help you locate formula.

