

BABY FORMULA SHORTAGE RESOURCES

Due to ongoing supply chain issues and a recall by Abbott Nutrition, a national shortage of baby formula is impacting American families and their babies. 40 percent of baby formula inventory was out of stock across the country in late April, up from 18 percent at the beginning of 2022. In Washington, shortages are reaching up to 45 percent. Open Arms is sharing resources to support parents during this shortage.

UNSAFE PRACTICES

- Diluting Formula
- Buying breastmilk online
- Giving infants under 1-year cow or goat milk as primary nutrition
- Homemade formulas
- Giving infants toddler formula

IT'S SAFE TO

- Switch formula brands
 - It's more important to know what your baby tolerates best (easy to digest formulas vs standard ones) than it is to stick to one brand name.
- Participate in Community Milk Sharing and co-nursing
 - Check out eatsonfeets.org for guidelines on safe Milk Sharing practices.

IF YOU NEED FORMULA

- Head to parenthelp123.org for help finding a formula under their Food Assistance program, which can connect you to programs like WIC, if you qualify.
- Retailers like Target and Kroger have inventory on their apps. Download apps and check inventory before driving to a store.
- Check out local Facebook groups for information and formula donations, like [Find My Formula \(Greater Seattle Area\)](#), [The Formula Mom](#), and [Human Milk for Human Babies - Washington](#).
- If your doctor has prescribed you donor milk, Northwest Mother's Milk Bank has 6 locations in Washington and Oregon. Learn more at donatemilk.org.

Open Arms Perinatal Services provides community-based support during pregnancy, birth, and early parenting. We are the leading non-profit providing doula services specifically for families facing poverty in Washington State, serving over 400 families every year.

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HOW TO SUPPORT FAMILIES IN NEED

- If you are paying out of pocket for formula, buy it from retailers that do not supply WIC sites (such as Costco, Sam's Club or Amazon). This leaves more supplies for people who get formula from WIC sites or must shop in-person.
- If you're not using a government benefit for formula, please choose one that does not have the WIC symbol on it. If you can, choose a smaller brand like Earth's Best, a store brand, or a national brand with no contracts like Gerber, or bulk order the formula not contracted in your state.
- If you don't have a baby or plan on becoming pregnant, sign up for formula sample boxes and then give them to women's shelters or post them as available in neighborhood groups.
- Donate breast milk! Check out Human Milk 4 Human Babies, Eats on Feets, Le Leche League, Northwest Mother's Milk, or donate directly.

Open Arms' Lactation Support Team can provide community members educational support on safe practices for mixed feeding babies formula and breast milk, engaging in community milk sharing and co-nursing, address common lactation issues, and information for formula feeding.