



Due To The Formula Shortage That Is Impacting Families Nationwide (WIC And Non-WIC), Please Keep In Mind The Following Information About Formula:

DO NOT MAKE YOUR OWN FORMULA AT HOME

The first year of life is a key time for your baby's body and brain to grow. Your baby could suffer long-term harm if they do not get the right nutrition.

IDHS: Having Troubling Finding Formula?
<https://bit.ly/3MbSPRh>

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DUPAGE COUNTY HEALTH DEPARTMENT
WOMEN INFANTS & CHILDREN

For more information

Call us at: (630) 682-7400 Visit us at: www.dupagehealth.org

WIC Clinic Locations

- WIC** 111 N. County Farm Road
Wheaton, IL 60187
- WIC** 245 N. Roosevelt Road
Building 14, Unit 146
West Chicago, IL 60185
- WIC** 422 N. Cass Avenue
Westmont, IL 60559
- WIC** 1111 East Jackson Street
Lombard, IL 60148
- WIC** 1111 West Lake Street
Addison, IL 60101

My next appointment is:



This institution is an equal opportunity provider.



YOUR BABY'S HEALTH IS OUR PRIORITY

Important Facts About Formula

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According To The American Academy Of Pediatrics:

- ✓ Recipes for homemade formulas on the Internet are not safe and do not meet your baby's nutritional needs.
- ✓ All infant formulas sold in the U.S. meet strict rules about ingredients.
- ✓ Homemade formula mixtures may not have enough iron and vitamins.
- ✓ They could also have too much of certain nutrients that your baby's kidneys cannot handle.

DO NOT Dilute Or Add Extra Water, Cereal, Or Other Solids To Your Baby's Formula:

- ✓ Always follow the formula label instructions or those given to you by your baby's doctor.
- ✓ Adding extra water to formula is dangerous and can lead to very serious health problems.

There Are NO Safe Alternative Milks To Replace Formula:

- ✓ It is not safe to use regular cow's milk or other types of non-dairy milk to replace formula. None of these alternatives have the right amount of nutrients including protein, iron, and vitamins.
- ✓ Do not buy formula or breastmilk from an unknown source or stranger.

DO NOT Use Any Of The Following In Place Of Formula For Your Baby:

- ✓ Regular cow's milk
- ✓ Toddler milks
- ✓ Goat's milk
- ✓ Plant-based milk substitutes such as soy milk, almond milk, or oat milk



Tips For Finding WIC Authorized Formula

- ✓ Call before you shop to ask if the store has the formula you need.
 - If not, ask them when they will be restocking.
 - If they do have it in stock, ask if customer service can hold formula for you while you are on your way to pick it up.
 - Make sure to tell them you are a WIC participant and how many cans of formula you need.
- ✓ Call your doctor's office and ask if they have any samples from the formula company.
- ✓ Call your local WIC office for assistance and information about food pantries/food banks in your area that may offer formula.
- ✓ If your infant is on a specialized formula, please check with your local WIC office or doctor's office about other formula alternatives.