



HEALTH CONCERNS FOR FORMULA SUBSTITUTIONS

The Tippecanoe County Health Department is aware of the recent formula shortage crisis here and throughout the rest of the country. We recognize this is a very stressful and frightening time for parents whose infants strictly rely on formula. While there is no perfect solution, we would like to bring awareness about some serious health concerns associated with formula substitution and provide resources for safer alternatives.

Evaporated milk and other regular milk products lack the vitamins and nutrients that are vital for infant growth and development. Watering down formula can have the same effect. Even when vitamin supplements are added to these products, it is not recommended. Whole cow's milk can **temporarily** be used for infants *over the age of 6 months who do not have formula allergies or sensitivities*, but if used long term there is great risk for anemia due to a lack of iron in cow's milk - please be sure to read the article below for more information.

Unpasteurized milks contain bacteria that infant immune systems are not equipped to battle and can therefore make them seriously ill.

Many homemade formula recipes are calling for the use of Karo syrup. Sugary syrups are not a healthy option for babies, but even more of a concern is that parents will try to swap these out for honey which is deadly to infants under the age of one. Honey contains botulinum spores that are toxic to babies' underdeveloped nervous systems.

Accepting unregulated donor breastmilk can expose infants to diseases, medications, and other substances that donors have in their systems. Improper storage and shipping of breastmilk can also risk exposure to bacteria and illness. Improper storage and shipping are also a concern for imported formula cans from other countries.

We highly encourage parents visit this website from the American Academy of Pediatrics for answers to frequently asked questions regarding formula substitution and other helpful tips:

<https://healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Are-there-shortages-of-infant-formula-due-to-COVID-19.aspx>

(Spanish) <https://healthychildren.org/spanish/tips-tools/ask-the-pediatrician/paginas/are-there-shortages-of-infant-formula-due-to-covid-19.aspx>

The following pages contain resources for formula and breastmilk, alternative formula brands, and lactation consultation services.

RESOURCES FOR FORMULA/BREASTMILK

- **Bauer Family Resources** (No formula onsite, but can assist with formula cost **for those who qualify*):
330 Fountain St, Lafayette, IN 47902
(765) 742-5046
<https://bauerfamilyresources.org/contact>
- **Matrix Lifecare Center** (Monday – Thursday by appointment only):
938 Mezzanine Dr Suite B, Lafayette, IN 47905
(765) 742-1533
<https://www.matrixcares.org/clothing-room/>
- **The Free Formula Exchange** (Nationwide mutual aid network connecting families who need baby formula to people who have formula to donate. The Health Department only recommends utilization of this tool to find *unopened* cans of formula, as opened cans could pose a health risk for your baby): <https://freeformula.exchange/>
- **The Milk Bank** (Pasteurized donor breast milk, apply online, hardship requests available to assist with cost): <https://www.themilkbank.org/individuals>
 - Local Donor Milk Express (Call to schedule a pickup time): Franciscan Health Community Education Center 1501 Hartford Street, Lafayette, IN 47904. (765)-449-5133.
- **Resources/Guidance from the Indiana Department of Health:**
<https://www.hhs.gov/formula/index.html>
 - Available in Spanish at this link: <https://www.hhs.gov/es/formula/index.html>
- **WIC** (must be a WIC client, call or go online to see if you qualify):
324 N 25th St. Lafayette, IN 47904
765-420-9999
<https://www.fns.usda.gov/wic/wic-how-apply>

ALTERNATIVE FORMULA BRANDS

According to the American Academy of Pediatrics, “For most babies, it is OK to switch to any available formula, including store brands, unless your baby is on a specific extensively hydrolyzed or amino acid-based formula such as Elecare (no store brand exists). Ask your pediatrician about recommended specialty formula alternatives available for your baby.” Please keep this in mind and save the specialized formulas for those who need it most.

- **Similac Alternatives** this chart was used during the formula recall to show parents what alternatives could be used for Similac, and can be helpful now if you cannot find your brand. <https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/WIC-2018/Abbott-Infant-Formula-Recall/Comparable-Formulas-as-Substitutes-for-Similac-recalled-products-as-of-3-2-22.pdf>
- **Storebrandformula.com** is a website that helps parents find generic brand formulas that are similar to their name brand preference. Use this link to select the specific qualities of your current formula and this site will show you what store brand could be used in its place. If you click on the formula they recommend and select “buy now”, you can then put in your zip code and it will tell you where it is available locally or online. Be sure to call and confirm that they have it in stock before driving there. <https://www.storebrandformula.com/baby-formula-finder.aspx>

LACTATION RESOURCES

If you are on the fence about breastfeeding, now is the ultimate time to try. If you would like assistance there are local resources ready and willing to guide you. They can also assist with re-lactation if your milk supply has stopped.

- **Franciscan Community Education Lafayette**
1501 Hartford St. Lafayette, IN 47904
765-449-5133
<https://www.franciscanhealth.org>
 - Provides individual breastfeeding consultation with RN,IBCLC's; appointments available Monday through Saturday
 - Breastfeeding Support Group, virtual Wednesdays from 3:30pm-4:30pm, call to register

- **IU Health Arnett Hospital**
5165 McCarty Ln. Lafayette, IN 47905
765-838-5353
<https://iuhealth.org/find-medical-services/childbirth-education>
 - Breastfeeding Support Group, virtual Thursdays 1:00pm-2:00pm, register online or by phone

- **Nourish Lactation LLC**
765-239-9343
<https://www.nourishlactation.net>
 - Provides individual in-home prenatal consultations and/or breastfeeding consultations with an IBCLC

- **Tippecanoe County WIC Program**
324 N 25th St. Lafayette, IN 47904
765-420-9999
<https://www.in.gov/health/wic/>
 - Provides individual breastfeeding consultation with an IBCLC and/or a peer counselor
 - ***Must be a WIC client to receive lactation services, call to see if you qualify***