

# Infant Formula Shortage: What New Yorkers Can Do



Due to the ongoing infant formula shortage, many formulas are out of stock. While we wait for formula to come back in stock, here are some tips New Yorkers can follow during this time.

## ✓ Do

- Reach out to your health care provider for guidance.
- Follow the formula manufacturer's preparation and storage instructions.
- Find a Women, Infants and Children (WIC) store that may have formula in stock. Families with WIC can visit [nyswicvendors.com/find-a-wic-store](https://nyswicvendors.com/find-a-wic-store).
- Visit smaller stores and drugstores that carry formula. Call first to see if they have formula in stock.

## ✗ Do not

- **Do not** make your own formula at home using recipes from the internet.
- **Do not** water down formula to make it last longer.
- **Do not** use formula for toddlers if your baby is younger than 1 year old.
- **Do not** use cow's milk unless your baby is older than 6 months and uses regular formula.

## Here are some resources if you cannot afford formula:

- WIC: Contact a local WIC office or prescreen with Wanda, the Department's chatbot, to see if your infant is eligible for WIC benefits. For more information, visit [health.ny.gov/prevention/nutrition/wic](https://health.ny.gov/prevention/nutrition/wic).
- Supplemental Nutrition Assistance Program (SNAP): You can use your SNAP electronic benefits transfer card (formerly called food stamps) to buy formula. If you are enrolled in WIC, you might also qualify for SNAP.
- Temporary Assistance for Needy Families (TANF): This program offers temporary cash assistance to qualified families. To locate your state TANF program, visit [acf.hhs.gov/ofa/map/about/help-families](https://acf.hhs.gov/ofa/map/about/help-families).

Price gouging is illegal. If you see extreme price increases for infant formula, please report concerns to the NYC Department of Consumer and Worker Protection. Visit [nyc.gov/dcwp](https://nyc.gov/dcwp) or call **311** and say "overcharge."