



State of New Jersey
DEPARTMENT OF HEALTH
DIVISION OF FAMILY HEALTH SERVICES
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TO: Parents, Caregivers, and Families

FROM: NJ Department of Health, Division of Family Health Services

SUBJECT: Infant Formula Shortage Guidance

The Murphy Administration is currently assessing steps to address the nationwide shortage of infant formula and remains committed to ensuring that New Jersey's families can access the nutritional support and resources needed to care for their infants.

For families impacted by the shortage, the Department recommends the following:

- Talk to your OBGYN or pediatrician about your formula options. They can often tell you which brands are safe alternatives. They may also be able to recommend alternative places to find formula or may have office samples in supply.
- Do not switch to milk or milk alternatives or switch to toddler formula without discussing with your pediatrician. Infants under one year of age should generally not have cow's milk, milk alternatives, or toddler formula.
- Do not water down formula or make your own formula at home. Homemade infant formula recipes have not been evaluated by the FDA and may lack nutrients vital to an infant's growth.
- Connect with your [local Women, Infants and Children \(WIC\) clinic](#) or <https://wic.nj.gov/participantportal/> if you are eligible. They can help advise on your formula needs.
- NJ WIC benefits are now electronic, and families can use their benefits throughout the month without losing them. Families with WIC are encouraged to shop early in their benefit to allow adequate time to revisit a store to fully redeem their infant formula issuance.
- Families with WIC should check the New Jersey WIC Authorized vendor webpage to find a list of WIC approved vendors who may have infant formula in stock. You may want to call first to see if the store has formula in stock.
<https://www.state.nj.us/health/fhs/wic/participants/find-wic-store/>
- The flexibilities below are available to families enrolled in New Jersey WIC:
 - Substitutions are permitted for specialty, exempt formula that is prescribed by a health care provider. WIC has added some additional exempt formulas to their list. The most recent list can be found at:
<https://www.nj.gov/health/fhs/wic/healthcare/index.shtml> .