

Below are online resources on how to locate formula or breast milk during the current shortage.

### **Visit Local Food Pantries**

<https://www.feedingamerica.org/find-your-local-foodbank>

<https://www.foodpantries.org>

<https://foodfinder.us>

### **Call Your Local Pregnancy Center**

<https://resources.care-net.org/find-a-pregnancy-center>

### **Connect with a Breast Milk Donor**

<https://mothersmilk.org>

<https://www.lli.org/breastfeeding-info/milk-donation>

<https://www.hmbana.org/find-a-milk-bank>

### **Contact Your Local Health Department**

<https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>

### **Check the Supply at Nationwide Providers**

*Please keep in mind that stocking information changes daily.*

<https://www.amazon.com>

[https://www.carewell.com/search/?search\\_query\\_adv=formula](https://www.carewell.com/search/?search_query_adv=formula)

<https://www.walmart.com>

<https://www.target.com>

<https://www.cvs.com>

<https://www.walgreens.com>

### **Connect with Other Mothers on Social Media**

<https://www.facebook.com>

<https://twitter.com/?lang=en>

<https://nextdoor.com>

<https://frontporchforum.com>

### **Information and Tips Regarding the Baby Formula Shortage**

<https://www.popsi.com/diy/baby-formula-shortage-solutions>

<https://www.today.com/parents/parents/everything-need-know-baby-formula-shortage-rcna15613>

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

<https://www.nytimes.com/wirecutter/blog/baby-formula-shortage-what-to-do>