



Summary of How to Navigate Infant Formula Shortage By Age

	0-6 months	6-9 months	9-12 months	12-24 months
Formula or Breast milk/Human milk	Sole source of nutrition	Main source of nutrition	Main source of nutrition	No longer needed if on a well-balanced diet
Cow, Goat, or Sheep Milk (Pasteurized)	Avoid	Avoid, except for extremely dire circumstances and if advised by your child's healthcare provider*	Avoid, unless if advised by your child's healthcare provider*	Fine to offer. See our Milk FAQs for further information
Water	Avoid	Can offer in very small amounts (no more than 2-4 ounces daily)*	Can offer in small amounts (no more than 8 ounces daily)*	Drink to thirst
Toddler Formula	Avoid	Avoid, except for extremely dire circumstances and if advised by your child's healthcare provider*	Avoid, unless if advised by your child's healthcare provider*	Generally not needed, unless if advised by your child's healthcare provider
Fortified Plant-Based Milk (Ideally Soy/Pea Protein)	Avoid	Avoid, except for extremely dire circumstances and if advised by your child's healthcare provider*	Avoid, unless if advised by your child's healthcare provider*	Fine to offer. See our Milk FAQs for further information
Store Bought Pediatric Oral Rehydration Solutions (i.e. Pedialyte)	Avoid, unless if advised by your child's healthcare provider*	Avoid, unless if advised by your child's healthcare provider*	Avoid, unless if advised by your child's healthcare provider*	Fine to offer if advised by your child's healthcare provider*
Solid Foods	Generally avoid. Under dire circumstances, can consider purees at 4 months of age as developmentally appropriate and under your child's healthcare provider's supervision	Focus on offering nutritionally dense and iron-rich solids. See above paragraphs for detailed guidance.	Focus on offering nutritionally dense and iron-rich solids. See above paragraphs for detailed guidance.	Well-balanced, varied, and age-appropriate diet

*Talk to your child's pediatric healthcare provider or pharmacist for individualized guidance depending on your healthcare access.

@SolidStarts | SolidStarts.com

© Solid Starts Inc. 2022. All Rights Reserved.