



FORMULA SHORTAGE PARENT RESOURCE



FEATURING

Nurture Columbus - Lactation Consulting

Dietitian in Your Kitchen - Nutrition Counseling

Momful - Breastfeeding Nutritional Support

OhioHealth - Mothers' Milk Bank

Health Resources & Services Administration - National Maternal Mental Health Hotline

U.S. Dept. of Health & Human Services - Find Formula & Information Guide

THE U.S. FORMULA SHORTAGE

The U.S. is currently experiencing an infant formula shortage, and unfortunately we hear that it may take weeks to restock store shelves to full capacity.

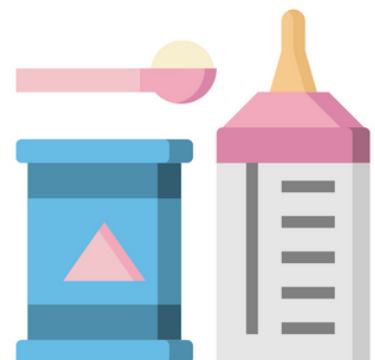
Many mothers may want to start breastfeeding or increase their milk supply in response to the formula shortage.

Lactation consulting, nutrition counseling, nutritional support, and mental health are all important areas of expertise that can help mothers reach their breastfeeding goals.

If you'd like more information on finding infant formula please review the information from the U.S. Department of Health & Human Services. For information on milk banks see the information provided by OhioHealth.

These experts can provide extra support for mothers right now during this very difficult and stressful time.

Reach out to these experts if you're in need of support.





LACTATION CONSULTING

Nurture Columbus supports families on all things infant feeding, including: breastfeeding, chestfeeding, bottle feeding, pumping, and weaning.

SERVICES:

- In-Home Lactation Consultation
- In-Home Follow up Consultation
- Inducing Lactation Consultation
- Virtual Prenatal or Postpartum Lactation Consultation

IN PERSON SERVICE AREAS:

Ohio counties: Delaware, Franklin, Knox, Licking, Holmes, Coshocton, Muskingum, Guernsey, Tuscarawas.

CONTACT:

Web: nurturecolumbus.com

Instagram: @nurturecolumbus

Facebook: @nurturecolumbus



NUTRITION COUNSELING

Dietitian In Your Kitchen nutrition experts provide personalized services and wellness solutions for individuals, families and groups.

SERVICES:

- One-on-one nutrition counseling
- Private cooking instruction

SERVICE AREAS:

- In-Person Office Visits Thursdays at Valemee: 6631 Commerce Parkway Unit L, Dublin, Ohio 43017
- Virtual Individual Counseling: All of Ohio for Medical Nutrition Therapy
- Out-side of Ohio: Classes and programs are virtual and available to all.

CONTACT:

Web: dietitianinyourkitchen.com

Instagram: @dietitianinyourkitchen

Facebook: @dietitianinyourkitchen

Momful

NUTRITIONAL SUPPORT

Momful helps women meet their breastfeeding goals with convenient yet comprehensive nutritional support that enriches their milk supply while combating postnatal depletion.

PRODUCTS:

- Mom Bod Postnatal Multivitamin
- Ounces Lactation Vitamin
- Mom Brain Postnatal DHA & EPA

MOMFUL PRODUCTS ARE:

- Formulated by Experts
- Manufactured with Quality
- Conveniently packaged and delivered to your door.

CONTACT:

Web: momful.co

Instagram: [@momfulco](https://www.instagram.com/momfulco)

Facebook: [@momfulco](https://www.facebook.com/momfulco)



MOTHERS' MILK BANK

CONTACT:

(614) 566-0630

MilkBank@OhioHealth.com

4850 E Main St

Suite 140, Columbus, OH 43213

HOW TO DONATE BREAST MILK:

OhioHealth strives to make donating your extra breast milk as easy as possible because we know being a mom is busy work. OhioHealth will provide you with all of the materials you need to donate, including containers and return shipping, at no cost to you. You don't even have to come to the milk bank. It's easy to get started.

- Participate in an initial phone screening to verify eligibility.
- Receive and read the Mothers' Milk Bank information packet.
- Participate in a medical and lifestyle history review.
- Complete a medical release form signed by the donor and healthcare provider for both the donor and baby.
- Consent to and receive a comprehensive blood test to screen for HIV, HTLV, Hepatitis B, Hepatitis C and Syphilis.



MATERNAL MENTAL HEALTH

Pregnancy and a new baby can bring a range of emotions. Many women feel overwhelmed, sad, anxious, or exhausted at different times during their pregnancy or after having a baby.

ABOUT:

The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages

CONTACT:

Call or text 1-833-9-HELP4MOMS (1-833-943-5746)



U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

CONNECT WITH COMMUNITY RESOURCES

- Locate your nearest Community Action Agency (CAA) . Your neighborhood CAA may be able to provide you with formula or connect you with local agencies that have formula in stock.
- Call 211 : United Way's 2-1-1 connects you to a community resource specialist affiliated with United Way who may be able to help you find food pantries and other charitable sources of local infant formula and baby food.
- Find an accredited milk bank through the Human Milk Banking Association of North America (HMBANA) that distributes donated breast milk to mothers in need. Please note that some may require a prescription from a medical professional.



U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

MANUFACTURER HOTLINES

- MyGerber Baby Expert : Reach a certified nutrition or lactation consultant by phone, text, Facebook Messenger, web chat, or video call, who can help you identify a similar formula that may be more readily available
- Abbott's urgent product request line : Ask your OBGYN or your infant's pediatrician to submit an urgent product request by downloading and completing the form - PDF .
- Reckitt's Customer Service line: Call 1-800-222-9123 (BABY-123)

FOR WIC-ELIGIBLE FAMILIES

- Contact your local WIC office to identify or obtain additional sources of infant formula nearby.



U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

GUIDANCE FOR PARENTS AND CARETAKERS

- Call your OBGYN or pediatrician to see if they have in-office samples or can suggest a similar formula that may be more readily available in stores and is nutritionally similar to your infant's typical formula.
- Do not water down formula, try to make formula at home, or use toddler formula to feed infants.
- Do not discard formula unless it is expired or is part of the recall.
- Check your formula's lot code to see whether or not it was affected by the recall.
- Find more guidance from the American Academy of Pediatrics .

LEARN MORE



Resources to Help
Families Find Formula
During the Infant
Formula Shortage

hhs.gov/formula



U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES



What to Do If You're Having Trouble Finding Baby Formula



In most cases, you can feed your baby any brand of formula that is available. Contact your **OB/GYN or pediatrician** for guidance on adjusting feeding practices – some may have unused formula samples.



Visit **hhs.gov/formula** for information on milk and formula banks, WIC offices, and guidance from the American Academy of Pediatrics.



Do not water down formula, make formula at home, or discard formula unless it is expired or is part of the recall.



U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

LEARN MORE



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HHS.gov