

RESOURCES DURING THE INFANT FORMULA SHORTAGE

We understand that the shortage of available safe formula is stressful for families. We are here to support you in whatever way you need to feed your newborn. Below is some information about national and local formula resources, formula use best practices, and if you choose to feed your child human milk, donor milk program options, and UCSF lactation service information.

CDC Infant Formula Feeding resource site:

<https://www.cdc.gov/nutrition/InfantandToddlerNutrition/formula-feeding/>

Health and Human Services

<https://www.hhs.gov/formula/index.html>

WIC program (Women, Infants and Children)

<https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/Program-Landing1.aspx>
<https://www.myfamily.wic.ca.gov/Home/FormulaShortage#FormulaShortage>

The Academy of Breastfeeding Medicine

The Academy of Breastfeeding Medicine has created a [comprehensive list](#) of recommendations to support pregnant and postpartum families, healthcare providers, and community members during this critical time.

ABM Statement

<https://www.bfmed.org/statement-on-shortage-of-breastmilk-substitutes>

FORMULA PREPARATION INFORMATION

Babies under 12 months need human milk and/or formula as their main source of nutrition and calories.

There are three types of infant formula:

1. Powdered
2. Concentrate
3. Ready-to-feed

All formula types are safe feeding options for babies.

Powdered and concentrate formulas must be mixed with clean water:

<https://www.healthychildren.org/English/ages-stages/baby/formula-feeding/Pages/Forms-of-Baby-Formula.aspx>

Formula "DO"s:

Practice good hand hygiene when making bottles.

Measure water first, then add powder.

Follow package instructions exactly.

Use formula within 1 hour of the start of the feeding. Discard any leftovers.

Make feedings in advance if needed and refrigerate, using within 24 hours.

Use ready-to-feed formula within 72 hours of opening the bottle.

Put only what baby needs in the bottle.

Once baby drinks from the formula bottle, it only lasts one hour. Do not use for the next feeding. The reason for this, is that the Baby's saliva mixes with the milk, and quickly causes bacterial growth. Refrigeration does not slow this growth.

Place the untouched formula that has been mixed into the refrigerator.

Formula "DON'T"s:

Dilute or water down formula, which can cause slow growth, nutritional deficiencies, and even seizures.

Feed your baby regular cow's milk, another animal milk, or plant milk (soy, almond, rice milk, etc.).

Make your own formula.

Give leftover formula more than 1 hour after the start of a feeding.

Here is a step-by-stop preparation of powdered formula:

<https://www.cdc.gov/nutrition/downloads/prepare-store-powered-infant-formula-508.pdf>

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

Additionally, if you desire to feed your child human milk, below are some donor milk and lactation service resources:

Donor Milk Options:

There are two large, trusted human milk banks in California that provide/ship donor milk:

1) The San Jose Mothers' Milk Bank

<https://mothersmilk.org/>

2) The San Diego University of California Health Milk Bank

<https://uchealth.service-now.com/csp>

You usually will need a prescription from your baby's pediatrician to obtain donor milk. However, for the **first 40 oz you receive** you do not need a prescription.

There is a cost to receive donor milk, and to ship it. The cost is approximately \$3.75/oz.

Please see below for how to contact the Milk Banks to receive further information.

San Jose Mother's Milk Bank

Mothersmilk.org

Go to "Get Milk"

Go to the brochure [MMB_Recipient-Brochure.pdf](#)

(408) 638-2822

Recipient.coordinator@mothersmilk.org (best way to contact)

1887 Monterey Road
Suite 105-110
San Jose, CA 95112

The first 40 oz you do not need a prescription.
After this you must contact your pediatrician and have them fill a Mother's Milk Bank prescription form.

UC San Diego Milk Bank

[Http://uchealthmilkbank.ucsd.edu/](http://uchealthmilkbank.ucsd.edu/)
(858)249-MILK (6455)

Ucmilkbank@health.ucsd.edu
3636 Gateway Center Ave, Suite 102
San Diego, CA 92102

UCSF OUTPATIENT LACTATION SERVICES:

We offer one-on-one visits lactation consultations with International Board Certified Lactation Consultants (IBCLCs)

In person visits: Monday-Friday at two locations

Mount Zion Women's Health Building
5th and 7th Floors
2356 Sutter, San Francisco

Mission Bay Gateway Building
3rd floor, 3B and 3C
1825 4th St, San Francisco

Telehealth: Video visits available Monday-Friday, 8:30am-5:00pm

Appointment line: 415-353-2566

Additional resources for UCSF Employees through the UCSF Lactation Accommodation Program
https://campuslifeservices.ucsf.edu/familyservices/services/lactation_accommodation_program

MILK (MOTHER & INFANT LACTATION KOOPERATIVE) - VIRTUAL GROUP

MILK is a **FREE** breastfeeding support group facilitated by a board certified lactation consultant. There is no cost to attend. A great forum to connect with other

breastfeeding mothers and have your questions about breastfeeding answered by a Lactation Consultant.

Tuesdays 1:30-3:00 pm

Fridays 10:00-11:30 am

Online via Zoom

How to join: Register at whrcportal.ucsf.edu/whrcmember (recommended), or call 415-514-2670.

PUMP RENTALS

To rent a hospital-grade breast pump, call the Women's Health Resource Center 415-514-2670 to check inventory and reserve a pump.

If you used a pump in the hospital, you can reuse the pump kit that the hospital provided. Otherwise, you will need to purchase a pump kit separately from the Friend to Friend gift shop at 1825 Fourth St., First Floor:

<https://www.ucsfhealth.org/services/friend-to-friend-gift-shop>

The Friend to Friend gift shop also sells pump parts and lactation products. Call the gift shop to check availability of products.

Alternate pump rentals: <https://medela.us/breastfeeding/services/breast-pump-rental>

ADDITIONAL LACTATION RESOURCES (NON-UCSF)

Natural Resources - <https://www.naturalresources-sf.com/>

Store in the Mission with pump and scale rentals, baby supplies, classes, and support groups

Healthy Horizons - <https://www.healthyhorizons.com/>

Stores in Burlingame and Menlo Park with pump and scale rentals (shipping available), lactation consults

CPMC Newborn Connections - <https://www.sutterhealth.org/services/pregnancy-childbirth/newborn-connections-cpmc>

Store at Van Ness campus with pump rentals, lactation consults

Bay Area Lactation Associates - <http://www.bayarealactation.org/find-a-lactation-consultant.html>

Directory of private lactation consultants offering home and video visits

We hope these resources are beneficial to you. If you are in need of more information, please reach out to our Lactation consultants or your OB provider.

Thank you,

UCSF OB/GYN