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.llli.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.walmart.com  
https://www.target.com  
https://www.cvs.com  
https://www.walgreens.com

**Information and Tips Regarding the Baby Formula Shortage**
https://www.popsci.com/diy/baby-formula-shortage-solutions  
https://www.today.com/parents/parents/everything-need-know-baby-formula-shortage-rcna15613  