

**State of Vermont**  
**Department of Health**  
 Division of Maternal and Child Health  
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*Agency of Human Services*

August 2019

Dear WIC Family,

Effective **October 1, 2019**, there will be a change to the standard infant formulas offered by the Vermont WIC Nutrition Program.

- **Gerber Good Start Gentle** and **Gerber Good Start Soy** will be the primary WIC milk-based and soy-based formulas (replacing **Similac Advance** and **Isomil Soy**).
- **Gerber Good Start Soothe** will be available to families *without a prescription* (replacing Fuss & Gas, Total Comfort and Spit up)

Similac Sensitive Fuss & Gas, Similac Total Comfort and Similac for Spit Up will also no longer be available through WIC. Please check with your baby’s medical provider if you have questions about changing your baby to a Gerber product.

**This table explains details about what will be changing on October 1, 2019. WIC will be changing all formula-fed infants receiving the above formulas to the appropriate Gerber product:**

| Effective October 2019<br>No Longer WIC Eligible in Vermont:                         | New Formula:   | Product Pictures  |
|--|--|---|
| Similac Advance  | Gerber Good Start <b>Gentle</b> <ul style="list-style-type: none"> <li>• Milk-based</li> </ul>   |  |
| Similac Isomil Soy   | Gerber Good Start <b>Soy</b> <ul style="list-style-type: none"> <li>• Soy-based</li> <li>• Kosher and Halal</li> </ul>   |  |
| Similac Sensitive Fuss & Gas<br><br>Similac Total Comfort<br><br>Similac for Spit Up | Gerber Good Start <b>Soothe</b> <ul style="list-style-type: none"> <li>• Milk-based with smaller proteins for easier digestion. Helps with colic, fussiness &amp; gas, and spitting up.</li> </ul> |  |

Please see the recommended schedule on the back of this letter to help transition your baby to the new formula. For information about these changes or any other WIC topic visit our webpage at [www.healthvermont.gov/wic](http://www.healthvermont.gov/wic).

Sincerely,



Jackie Charnley  
 State Nutrition Coordinator, Vermont WIC Program  
 Maternal Child Health Division, Vermont Department of Health



## Transitioning Your Baby to a New Formula

WIC is here to help you and your baby through this transition. Most babies will switch to their new formula without any problems. Some parents may notice minor changes in feeding patterns when switching their babies to a new formula.

A good way to make the change is to slowly mix the old formula with the new formula over a period of about a week.

Instructions:

- Prepare some of the new formula and some of the old formula separately, then mix the two prepared formulas together as described in the chart below.
- Use less of the old formula and more of the new formula in each bottle over the course of the transition.
- Look for the amount of formula your baby drinks at a feeding in the left-hand column.
- Then, using columns to the right, mix the amount of current formula with the amount of the new Gerber formula.
- Continue to adjust the current formula down and the Gerber formula up over the course of the week.

| <b>Find the Amount of Formula Your Baby Drinks at Each Feeding:</b> | <b>Days 1 and 2</b>                      | <b>Days 3 and 4</b>                      | <b>Days 5 and 6</b>                      | <b>Day 7</b> |
|---|--|--|--|--------------|
| <b>4 oz bottle</b>  | 3 oz current formula<br>+<br>1 oz Gerber | 2 oz current formula<br>+<br>2 oz Gerber | 1 oz current formula<br>+<br>3 oz Gerber | 4 oz Gerber  |
| <b>6 oz bottle</b>  | 4 oz current formula<br>+<br>2 oz Gerber | 3 oz current formula<br>+<br>3 oz Gerber | 2 oz current formula<br>+<br>4 oz Gerber | 6 oz Gerber  |
| <b>8 oz bottle</b>  | 6 oz current formula<br>+<br>2 oz Gerber | 4 oz current formula<br>+<br>4 oz Gerber | 2 oz current formula<br>+<br>6 oz Gerber | 8 oz Gerber  |