

Effective **October 1, 2021**, there will be a change to the standard infant formulas offered by the Vermont WIC Nutrition Program.

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

This table explains details about what will be changing on **October 1, 2021**. WIC will be changing all formula-fed infants receiving the above formulas to the appropriate Similac product:

If your baby is on:	This will be their new formula: Similac formulas are Kosher and Halal	Product Pictures
Gerber GoodStart Gentle	Similac Advance	
Gerber GoodStart Soy	Similac Isomil Soy	
Gerber GoodStart Soothe	Similac Total Comfort	
	Also available <u>without</u> a prescription: Similac Sensitive Fuss & Gas Similac for Spit Up	

You may have already talked with your local WIC Nutritionist about this upcoming change and which formula will be best for your baby.

Please see the recommended schedule on the back to help transition your baby to the new formula. **You can use your WIC benefits for a few cans of the new formula to start to be sure the change goes smoothly.**

For information about these changes or any other WIC topic visit our webpage at www.healthvermont.gov/wic or contact your local WIC office to speak with a Nutritionist.

WIC is here to help you and your baby through this transition. Most babies will switch to their new formula easily. Some parents may notice minor changes in feeding patterns when switching their babies to a new formula.

A good way to make the change to a new formula 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 formula.
- Continue to adjust the current formula down and the new formula up over the course of the week.

Find the Amount of Formula Your Baby Drinks at Each Feeding:	Days 1 and 2	Days 3 and 4	Days 5 and 6	Day 7
4 oz bottle	3 oz current formula + 1 oz new formula	2 oz current formula + 2 oz new formula	1 oz current formula + 3 oz new formula	4 oz new formula
6 oz bottle	4 oz current formula + 2 oz new formula	3 oz current formula + 3 oz new formula	2 oz current formula + 4 oz new formula	6 oz new formula
8 oz bottle	6 oz current formula + 2 oz new formula	4 oz current formula + 4 oz new formula	2 oz current formula + 6 oz new formula	8 oz new formula