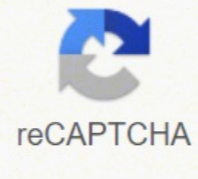




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What baby formula does wic cover in ohio

CC0/ sathyatripodi/Pixabay Breastfeeding doesn't work for every mom. Sometimes formula is the best way of feeding your child. Finding the best nourishment for your child can be trial and error or you could take a different approach by learning about the types of protein and carbohydrates provided and the ingredients in each type of formula. What about the form it comes in? Do you want ready-to-use, liquid concentrate or powdered? Ready Formula Are you bottle feeding your baby for convenience? If so, ready-to-use formulas are your best option. There's no need to mix. You just open and serve. This is the sort of formula your child would get in a hospital because it's hygienic and convenient. Of course, you'll pay more for the convenience. This can be as much as 20 percent more than powdered formulas. You'll also need to store the bottles which collectively take up more room than the equivalent powder formula. Powdered Formula This is the cheapest way of feeding your baby formula but you have to mix it before feeding your child. A container of formula typically has a shelf life of one month, and you can mix the formula to suit your child. This sort of formula is ideal as a backup for breastfeeding. Perhaps the dad or older sibling could feed formula to the child when the mother needs a rest. If that sounds like you, buy some to have on standby. Liquid Formula As with the powdered formula, you mix this with water to create the child's food. This stuff's more expensive than powdered formula but doesn't cost as much as ready-to-use. It takes up less storage space when compared to the bottled formula and it's easier to prepare than the powdered variety. This type of formula would be good for anyone looking to bottle feed their child long term as it's pretty convenient and relatively cheap when compared to the other two choices. Cow's Milk Let's concentrate on the main ingredients in each formula. You might need to try out a few of the following to see which baby likes the best. The majority of babies prefer formula based on cow's milk. This has the right balance of protein, fats, and carbs as well as a vitamin-mineral mix. Your baby won't be able to digest cow's milk until he's at least one so this type of formula is altered to allow babies to digest it easily. Other Options Hydrolyzed formulas are also very popular with parents. In these formulas, protein is broken down to allow the baby to digest the milk easily. If the child has allergies to milk protein or has eczema, your doctor will suggest hydrolyzed formula. As the name suggests, soy-based formulas are made from plant protein. These are a great option for vegan families but there are medical reasons you may opt for them including allergies to cow's milk, temporary lactose intolerance called transient lactose deficiency, and really rare diseases like Galactosemia which stops the baby's body breaking down milk sugar, and congenital lactase deficiency, which is an extremely rare disorder in which the child can't break down the sugar lactose in milk. Where to Start? You should start with a cow's milk based formula. It's the least expensive, the formula most babies like and it's the most readily available. Advice from the American Academy of Pediatrics suggests that you should only give soy-based formula if your child has a milk allergy. Before switching to a new type of formula speak to your pediatrician. Make sure you're using the right formula for your child's age. It's too easy to continue with an old formula unaware that your child's outgrown it. MORE FROM LIFE123.COM Blend Images - Ariel Skelley / Brand X Pictures / Getty Images Parents often change their baby's formula, going from one brand to another or one type of formula to another. For example, if their baby is gassy, fussy, or spitting up, they may change their infant's formula from milk to soy-based formula, or to a hypoallergenic or elemental formula. Most of formula changes are usually unnecessary, such as changing formulas to treat a thriving baby with simple infantile colic. On the other hand, formula changes can be life-saving in infants born with particular metabolic diseases such as galactosemia. A formula change may be recommended if a baby has true medical problems, such as: Suspected cow milk protein or soy protein allergy Galactosemia Lactose intolerance (though it's very rare for an infant to be born without the ability to digest lactose, the primary sugar in breast milk) In these cases, a decision to switch formula is intended to avoid exposing an infant to a particular protein or sugar that may cause inflammation or other symptoms of dietary intolerance. If the new formula contains the same type of protein (milk or soy) or sugar (lactose or galactose) then the infant is very unlikely to experience an improvement in their symptoms. In addition to making sure a formula switch is really necessary, your pediatrician can help you pick which formula to switch to, whether it is a soy, lactose-free, or reduced lactose formula, such as Enfamil Gentlease, or to one with added rice (Similac for Spit-Up or Enfamil AR). Some babies cannot tolerate any standard milk or soy-based formulas, including Similac Advance, Enfamil, Gentlease, or Gerber Good Start Soy. What do you do then? Babies with both a cow's milk protein allergy and a soy protein allergy and will need a hydrolyzed protein formula, such as: Enfamil Nutramigen Gerber Extensive HA Similac Expert Care Alimentum In addition to being lactose-free, these formulas are hypoallergenic and are made of proteins that are extensively broken down. They may work well for symptoms related to formula intolerance, such as excessive crying, diarrhea, and problems sleeping. On the downside, these formulas are much more expensive than standard baby formula. Nutramigen, Gerber Extensive HA, and Alimentum, for example, can cost about \$26 to \$30 for a 16-oz. can, while you can expect to pay just \$14 to \$15 for Enfamil, Gerber Good Start, or Similac Advance. What happens when your baby continues to have symptoms after switching to a hypoallergenic formula like Nutramigen or Alimentum? It used to mean finding a formula like Neocate Infant, an elemental formula made up of 100% free amino acids. There are other elemental formula choices now. PurAmino (formally called Nutramigen AA Lipil) is another amino acid-based formula that can help infants who have a severe cow's milk protein allergy and/or multiple food protein allergies (soy, gluten, and milk, for example). Similac has its own amino acid-based formula too—EleCare. Parents who need these formulas can be in for a surprise, though, as EleCare, Neocate, and PurAmino are even more expensive than hypoallergenic formulas. They can be hard to find too, and often mean asking a pharmacist to order them for you or ordering them online. An evaluation by a pediatric gastroenterologist can be helpful if you think that your baby needs an amino acid-based formula, such as PurAmino. They might even have samples of some of these specialized formulas. On the plus side, insurance companies will sometimes pay for EleCare, Neocate, and PurAmino if it is a medical necessity that your baby has it. In fact, insurance companies in some states, including Illinois and Minnesota, are required by law to provide coverage for amino acid-based formulas when babies have certain medical disorders. Thanks for your feedback! What are your concerns? There are several ways parents can get infant formula for free. Some of them require that you qualify as low-income, but others are available to anyone. In addition to baby formula, many of these programs also offer other free baby stuff and samples. Nabbing these offers might require making a phone call or two, signing up for emails, or clipping coupons, but the work will pay off in savings. Blend Images - Ariel Skelley/Brand X Pictures/Getty Images Several companies give away free baby formula samples and other baby product samples on a regular basis. These companies hope that you'll try the free samples, like them, and go on to purchase their products. You can request free baby formula samples from: Enfamil: When you sign up for Enfamil's program, you'll get free samples of Enfamil Newborn Infant Formula, Enfamil Infant Formula, Enfagrow Toddler Transitions Formula, and Enfamil Newborn 2 fl. oz. Nursette Bottles. In addition to the free formula, you'll also get a free set of Belly Badges, formula checks, expert tips, and other special offers. Similac: When you join the Similac® StrongMoms® Rewards program, you'll get a bag full of free baby stuff, including several formula samples, coupons, and expert nutrition guidance. You also can go straight to the source by picking up the phone and giving the company a call. If they see you as a potential customer, they'll often be happy to send you some free samples. Sometimes, they will direct you to their website. Baby formula manufacturers often give out formula samples and coupons after you can sign up online. Coupons, samples, and other offers will usually come right to your mailbox or email. Here are some additional infant formula companies you can register with: Gerber Member's Mark Nature's One If you want to be among the first to find out about free formula samples, coupons, and giveaways, follow formula companies on social media. Wavebreakmedia / iStockphoto Formula companies often give free formula to hospitals and doctor's offices hoping they'll pass on the samples to you. Call your doctor's office and local hospital to see what they have on hand. If they don't have any formula samples available, ask if they know of any local resources that do. Besides free baby formula, doctor's offices, clinics, and hospitals can often connect you with free baby magazines and free diapers. PhotoAlto/Ale Ventura/Brand X Pictures/Getty Images The government program WIC (Women, Infants, and Children) provides assistance to low-income mothers with young children, including those who formula feed. You can often get low-cost or even free infant formula and other baby products if you meet the eligibility requirements for WIC benefits. BJI / Blue Jean Images / Getty Images Newspaper inserts are great places to find coupons for baby formula. Check your paper for coupons for baby formula and grocery store ads to find out when a sale is happening. Combining coupons with a sale can get you cheap or even free baby formula. And, don't forget about digital coupons. Sign up for loyalty programs, clubs, and online programs so that you get coupons and other deals sent directly to your email or through text message. Sometimes the coupons can be printed, and other times you simply scan a code at checkout to get the deal. Also, be sure to check with stores you frequent as well as with any money-saving or cash-back apps you may use. Often, these programs provide savings on their own and when coupled with manufacturer coupons can result in significant savings. Pamela Moore / Getty Images Local food banks aren't only a great place to get food, they also often carry an array of personal care products and baby items. The food pantries in your area may have infant formula they will provide for free. Call ahead and ask what they have on hand. They may be able to assist you. Likewise, some local churches also offer free formula to families in need. Contact churches in your area to see if they offer this type of service or if they know another organization that could help. Creating a gift registry—even if it's for your second child—can come with a number of perks. Big box stores and retailers like Target, Walmart, and Amazon often provide free samples and ongoing discounts and a welcome box when you use their registries. So, be sure to create a registry in order to take advantage of these deals and savings. These companies also will alert you of new sales and coupons on a consistent basis. When creating your registry, though, you may not want to register for formula. Although gifts like this might be nice, you want the freedom to experiment and try different baby formulas until you find the one that works best for your child, especially if you think your baby might have an allergy or an intolerance. You don't want to end up with a bunch of formula that you cannot use. You also may want to investigate Amazon's subscribe and save program after your baby is born. Sometimes you can save as much as 15% on a purchase by signing up to have products sent to you on a recurring basis. Plus, when combined with coupons, you may end up saving a good amount of money. Monkey Business Images / iStockphoto You also could check online for people giving formula away. Check Freecycle, Craigslist, and Facebook Marketplace for opportunities. Sometimes parents will have left over formula that they can no longer use because their baby has an intolerance or they switched brands so they often just give it away. However, be sure that if you're meeting someone to pick up the formula that you don't go alone and that you meet them in a public place. And, you should never buy formula from a re-seller. These resources can be great places to find low-cost or free infant formula, but you should always carefully check the "use by" dates to ensure the products are safe. Even when you're using a trusted source, it's a good habit to carefully check for signs that the product could be counterfeit. According to the FDA/CFSAN Office of Nutritional Products, Labeling, and Dietary Supplements, parents should examine products for: Changes to the formula's color, smell, and/or taste Damage to the case or packaging Matching "use by" dates on each container (as well as on the box if buying by the case) If you have any concerns about the quality or safety of the infant formula you've been given or have purchased, throw it away. You also can call the manufacturer directly to report a complaint or ask questions.

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