



Feeding your baby infant formula

Consumer health and wellbeing is our first priority. We're confident that New Zealand infant formula is as safe today as it was before this threat was made. People should keep using it as they always have. New Zealand's food safety system is world class. We've put extra measures in place to further protect people from this criminal threat. Visit foodprotection.govt.nz for more information about these measures.

What to feed your baby

If your infant is under 1 year old and not being breastfed, a properly prepared commercial dairy or soy-based infant formula should be used.

If your baby is only breastfed, he or she is not at risk from this criminal threat.

The Ministry of Health does not recommend feeding infants under 1 year old pasteurised whole or homogenised cow's milk. The Ministry also does not recommend feeding home-made alternatives to infant formula.

If your baby is over 1 year of age they can be fed pasteurised whole or homogenised cow's milk as part of a healthy mixed diet.

Checking your formula

As always, check your formula packaging for signs of tampering before you use it. Do not use it if you have any doubts. Call 0800 723 665 to report suspected tampering.

You can find some handy guides on what to look for on foodprotection.govt.nz/for-consumers

Changing what you feed your baby

Mothers who only stopped breast feeding recently may be able to restart breastfeeding, with help from their midwife, lactation consultant or Well Child nurse.

If your baby is on a special formula because of a food allergy or special dietary requirement, do not change your formula without consulting a dietitian or paediatrician.

Where to go for advice

If you've got any questions about your baby's or your health, you can call any time day or night

Plunketline 0800 933 922

Healthline 0800 611 116

Also check out foodprotection.govt.nz

