

Navigating the Rising Costs of Infant Formula

The price of a 900 g can of powdered infant formula in Alberta increased

55%

\$29  \$45

from January 2020 to January 2025

Since 2020

Inflation ↑ 19%

Cost of food ↑ 26%

Household food insecurity ↑ 67%

Ways to help



Ask families about their ability to afford and access different formula options. For non-specialized formulas, there may be other less expensive options than the one used in hospital.



Explore if increasing breastfeeding or breastmilk supply is an option, for those using both breastmilk and formula.



Recommend standard formulas without added ingredients. Some added ingredients (e.g. omega-3) increase costs but lack evidence on efficacy. Standard formulas offer similar nutrition and are less expensive.



Suggest powdered and liquid concentrate options when possible. Ready-to-feed formulas are the most expensive.



Know safe infant formula preparation guidelines. Consider your clients access to safe water when discussing infant formula.

Funding and Support



Funding Options for Special Diets and Nutrition Products



PEAS I Search: "Formula Coverage" or "Government Benefit Programs"



Call 211 or visit 211 Alberta

To locate programs offering free formula and other supports in your community



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