

Fully Breastfeeding: Food Package 7

* Green highlight indicates a change

(also: Mostly BF Multiples / Pregnant and FBF or MBF)

Food item	New Default Food Package	Options	Previous Default Amount
Cereal	36 oz	---	no change
Cheese	1 lb	OR: 3 qt milk if no cheese OR 2 lb cheese replacing 6 qt milk	no change
Eggs*	2 doz	OR: 1 Peanut Butter/Beans option for each dozen eggs	no change
Milk Fat Free or 1%	20 qt (5 gal)	OR: 1 lb. tofu for each 1 qt milk Choose at the store: Cow's milk Lactose free milk Soy beverage Goat milk Powdered milk Evaporated milk Goat milk/Evaporated goat milk	23 qt (5.75 gal)
Fruits & Vegetables	\$52	Choose at the store: Fresh / Frozen / Canned	no change
Tuna / Salmon*	20 oz	Choose at the store: cans or pouches	30 oz
Whole Grains*	48 oz	Choose at the store: Bread Pasta Gluten free bread Brown rice Pasta Wild rice Corn and Wheat Tortillas	16 oz
Juice*	1 (64 oz) juice	\$3 CVB	3 (12 oz) frozen juice
Peanut Butter/ Sun Butter or Canned Beans or Dry Beans	2 Peanut Butter/Beans options	Choose option at the store: 16-18 oz jar or 64 oz (4 cans) beans or 1 lb dry beans	no change
Yogurt*	1 qt	1 qt additional milk if no yogurt or 2 qt yogurt replacing 2 qt milk	no change

Transition Tips

During the transition through June, some new food items may not display correctly. Always double check the food package before issuing benefits.

- **Milk** – can potentially be overissued when an extra pound of cheese is added in exchange for 3 quarts milk. Always decrease the amount of milk before adding more cheese.
- **Eggs** – check that the correct quantity is shown.
- **Juice** – check that the correct quantity is shown.
- **\$3 CVB in place of Juice** - Remove the juice. Then edit the CVB by typing in “5500 cents”.

Frozen Juice:

- Not available in June.
- Starting in July, participants with the (1) 64 oz juice item on their benefit will be able to purchase (1) 11.5 – 12 oz frozen juice at the store. (makes 48 oz)
- Refer to the Winnie [Update Document - Phase 3 Food Package Changes](#) for more information.