

* Green highlight indicates a change

Pregnant or Mostly Breastfeeding: Food Package 5

(also: Pregnant and Some Breastfeeding / Pregnant with Multiples)

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	Pregnant with Multiples: 2 lb.
Eggs*	1 doz	OR: 1 Peanut Butter/Bean option if no eggs	Pregnant with Multiples: 2 doz.
Milk Fat Free or 1%	18 qt (4.5 gal)	Choose at the store: Cow's milk Lactose free milk Soy beverage Powdered milk Evaporated milk Goat milk/Evaporated goat milk	Pregnant with Multiples: 20 qt (5 gal)
Fruits & Vegetables	\$48 - Pregnant or - Pregnant with Some BF \$52 - Mostly BF or - Pregnant with Multiples	Choose at the store: Fresh / Frozen / Canned	No change
Tuna / Salmon*	10 oz - Pregnant or - Pregnant with Some BF 15 oz - Mostly BF or - Pregnant with Multiples	Choose at the store: cans or pouches	
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	OR: \$3 CVB if no juice	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	OR: 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.

- **Eggs** – the default food package (DFP) appears to be adding a quantity of -1.
 - When saving the DFP, a red banner message will display indicating you must update the quantity of eggs.
 - Edit the eggs and increase the quantity to 1, then save.
- **Juice** – check that the correct quantity is shown.
- **\$3 CVB in place of Juice** - Remove the juice. Then edit the CVB by typing in the correct amount:
 - Pregnant and Pregnant with Some BF: type in “5100 cents”
 - Mostly BF and Pregnant with Multiples: type 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.