

PREGNANCY FOOD PACKAGE



Milk



Gallons or half gallons



Half gallon
(64 oz) or
96 oz

Half gallon –
refrigerated
Quart –
shelf stable

12 oz can
1% lowfat or
fat free



1 quart or
half gallon



9.6 oz (3 quarts)
25.6 oz (8 quarts)
64 oz (20 quarts)

- 4 ½ gallons, skim fat free or 1% milk

Milk Options



- 1 lb (8 oz or 16 oz) cheese
- 1 quart (32 oz) yogurt (nonfat or lowfat)
- 12-16 oz package tofu

If you do not choose one of these, you will receive more milk.

Eggs



- 1 dozen

Whole Grains



- 16 oz

Cereal



- 36 oz total

Peanut Butter or Beans



Pick **two** in store:

- Four 15-16 oz cans of beans **or**
- 1 lb dry beans **or**
- 16-18 oz container of peanut butter

Juice



- Three 11.5-12 oz containers of frozen juice (144 oz) **or**
- Two 64 oz containers (128 oz)

Fruits & Vegetables



\$

UURKA BAAKADA CUNTADA



Caanaha



Galaan ama nus galaan



Nus galaan
(64 oz) ama
96 oz

Nus galaan –
La qaboojiyey
lagu hayo
Rubuc –
shelf-joog

12 oz gasacdaha
1% dufan yar
leh ama
dufan la'aan
(fat free)



Rubuc ama
nus galaan



Dhalo 9.6 oz (u dhiganta 3 quarts)
25.6 oz (u uganta 8 quarts)
64 oz (u dhiganta 20 quarts)

- 4 ½ baaldi, caano aan dufan lahayn, ama 1% caano

Xulashooyinka Caanaha



- 1 lb (8 Firiqo ama 16 Firiqo) oo ah farmaajo
- 1 quart (32 oz) caano fadhi (aan dufan lahayn ama subag yar)
- 12 ilaa 16 oz xirmo tofu

Haddi aadan mid ka dooran, waxaad heli doonataa caano dheeraad ah.

Ukunta



- 1 darsin

Hadhuudhka Oo Dhan



- 16 oz

Badarka



- Wadarta 36 oz/Dhammaan 36 oz

Subagga Lawska ama Digirta



Labo **kasoo qaado** dukaanka:

- Afar qasacadood oo digir ah oo 15-16 oz ah **ama**
- 1 lb oo digir qallalan ah **ama**
- Weel 16-18 oz oo ah subaga lawska

Casiir



- Sadex qasac oo 11.5-12 oz ah oo miro la barafeeyay ah (144 oz) **ama**
- Laba qasac oo 64 oz ah (128 oz)

Miraha & Khudaarta



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