

SOME OR NO BREASTFEEDING 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)

- 3 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

Cereal



- 36 oz total

Peanut Butter or Beans



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

Juice



Or

- Two 11.5-12 oz containers of frozen juice (96 oz) **or**
- One 64 oz container (64 oz)

Fruits & Vegetables



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INFANTS - 6-8 MONTHS

Infant Cereal



- 24 oz (8 or 16 oz containers)

Infant Fruits & Vegetables



- 32 (4 oz) containers

INFANTS - 9-11 MONTHS

Infant Cereal



- 24 oz (8 or 16 oz containers)

- \$_____ Fresh, frozen, or canned Fruits & Vegetables
- 16 (4 oz) containers



XABAD/NAAS-NUUJINTA MARARKA QAAR AH 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)

- 3 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

Badarka



- Wadarta 36 oz/Dhammaan 36 oz

Subagga Lawska ama Digirta



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

Casiir



- Labo qasac oo 11.5-12 oz ah oo casiir la barafeeyay ah (96 oz) **ama**
- Hal qasac oo 64 oz ah (64 oz)

Miraha & Khudaarta



\$

DHALLAANKA – 6-8 BILOOD

Badarka Dhallaanka



- Qasac 24 oz ah (8 ama 16 oz) ah

Miraha iyo Khudaarta Dhallaanka



- Qasac 32 (4 oz) ah

DHALLAANKA – 9-11 BILOOD

Badarka Dhallaanka



- Qasac 24 oz ah (8 ama 16 oz) ah

- \$_____ Miro iyo Khudaarta Fireeshka ah

- Qasac 16 (4 oz) ah

