

FULLY BREASTFEEDING FOOD PACKAGE



Milk



Gallons or half gallons



Half gallon (64 oz) or 96 oz
 Half gallon (64 oz) or 96 oz – refrigerated
 Quart – shelf stable



1 quart or half gallon



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

• 5 gallons, skim fat free or 1% milk

Milk Options



• 1-2 lbs (8 oz or 16 oz) cheese
 • 1-2 quarts (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



• 2 dozen eggs **or**
 • 2 peanut butter/beans options

Cereal



• 36 oz total

Peanut Butter or Beans



Select 2 options in store:
 • 16-18 oz jar peanut butter **or**
 • 1 lb dry beans **or**
 • Four 15-16 oz cans beans

Tuna & Salmon



• 20 oz

Juice



• \$3 fruits and vegetables **or**
 • 64 oz juice:
 - One 64 oz container **or**
 - One 11.5-12 oz container frozen

Fruits & Vegetables



\$ _____

Whole Grains



• 48 oz

INFANTS - 6-11 MONTHS

Infant Cereal



• 16 oz (8 or 16 oz containers)

Infant Meats



• 16 (2.5 oz) containers

Infant Fruits & Vegetables



• 16 (4 oz) containers + \$11 fruits and vegetables **or**
 • \$22 fruits and vegetables **or**
 • 32 (4 oz) containers



This institution is an equal opportunity provider.

XABAD/NAAS-NUUJINTA BUUXDA BAAKADA CUNTADA



Caanaha



Galaan ama nus galaan



Nus galaan (64 oz) ama 96 oz

Nus galaan (64 oz) ama 96 oz
- La qaboojiyey lagu hayo

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

Rubuc - shelf-joog



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)

- 5 baaldi, caano aan dufan lahayn, ama 1% caano

Xulashooyinka Caanaha



- 1-2 lb (8 Firiqo ama 16 Firiqo) oo ah farmaajo
 - 1-2 rubuc (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



- 2 darsin ama
- 2 doorasho: subagga lawska/digir

Badarka

- Wadarta 36 oz



Subagga Lawska ama Digirta



- Ka dooro hal ikhtiyaar dukaanka dhexdiisa:
- Weel 16-18 oz ah oo subagga lawska ama
 - 1 lb oo digir qallalan ah ama
 - Afar qasacadood oo digir ah oo 15-16 oz ah

Tuna iyo Salmon

- 20 oz



Casiir



- \$3 Miraha iyo khudaarta
- Casiir 64 oz ah:
 - Hal weel 64 oz ah ama
 - Hal weel oo barafaysan oo 11.5-12 oz ah

Miraha & Khudaarta



\$ _____

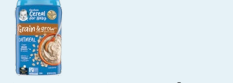
Hadhuudhka Oo Dhan



- 48 oz

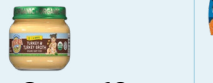
DHALLAANKA - 6-11 BILOOD

Badarka Dhallaanka



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

Hilibka Dhallaanka



- Qasac 16 (2.5 oz) ah

Miraha iyo Khudaarta Dhallaanka



- Qasac 16 (4 oz) + \$11 miraha iyo khudaarta ama
- \$22 miraha iyo khudaarta ama
- Qasac 32 (4 oz) ah



Haayadaan waxay bixisaa fursad loosimanyahay.