

MOSTLY 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)

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

Juice



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

Fruits & Vegetables



\$ _____

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



This institution is an equal opportunity provider.

INTA BADAN XABAD/NAAS-NUUJINTA 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**
- Weel 16-18 oz ah oo subagga lawska **ama**
- 1 lb oo digir qallalan ah

Casiir



Ama

- 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



\$ _____

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

Miraha iyo Khudaarta

- \$ _____ Miro iyo Khudaarta Fireeshka ah
- Qasac 16 (4 oz) ah

