

# MOSTLY 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)

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

## Milk Options



- 1 lb (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



- 1 dozen eggs or
- 1 peanut butter/beans option

## 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

- 15 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



• 8 oz

## 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.

# INTA BADAN XABAD/NAAS-NUUJINTA 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  
 Rubuc - shelf-joog

12 oz gasacdhaha 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 1/2 baaldi, caano aan dufan lahayn, ama 1% caano

## Xulashooyinka Caanaha



- 1 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



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

## Badarka



- Wadarta 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 subagga lawska

## Tuna iyo Salmon



- 15 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



- 8 oz

## Miraha iyo Khudaarta Dhallaanka



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

