

PREGNANCY 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
 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
- 1-2 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

Whole Grains



• 48 oz

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

- 10 oz
-

Juice



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

Fruits & Vegetables



\$ _____

UURKA 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 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
 - 1-2 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

Hadhuudhka Oo Dhan



- 48 oz

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

- 10 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



\$ _____