

3992

## Mom and Baby Food Packages

|  |                          | Age of Infant   |   |   |   |
|--|--------------------------|---|---|---|---|
| Feeding Choice                           |                          | Birth thru 1 month  | 1 thru 3 months   | 4 thru 5 months   | 6 thru 12 months  |
| Breastfeeding                            | Each month<br>Mom gets:  | Two 18 ounce boxes cereal 1 pound whole wheat bread \$10 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 6 gallons of non-fat (skim) or low-fat (1%) milk 1 pound cheese 1 pound dry beans 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs | Two 18 ounce boxes cereal 1 pound whole wheat bread \$10 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 6 gallons of non-fat (skim) or low-fat (1%) milk 1 pound cheese 1 pound dry beans 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs | Two 18 ounce boxes cereal 1 pound whole wheat bread \$10 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 6 gallons of non-fat (skim) or low-fat (1%) milk 1 pound cheese 1 pound dry beans 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs | Two 18 ounce boxes cereal 1 pound whole wheat bread \$10 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 6 gallons of non-fat (skim) or low-fat (1%) milk 1 pound cheese 1 pound dry beans 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs |
|  | Each month<br>baby gets: |   | YOUR PRICELESS BREASTMILK!!   | !!  | YOUR PRICELESS BREASTMILK!!!<br>Three 8 ounce boxes infant cereal<br>Up to 64 jars baby food vegetables<br>and fruit<br>Up to 31 jars baby food meats   |
| Some Breastfeeding/ Some Formula Feeding | Each month<br>Mom gets:  | Two 18 ounce boxes cereal 1 pound whole wheat bread \$8 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 5 1/2 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans 1 dozen eggs 18 ounces peanut butter                                   | Two 18 ounce boxes cereal 1 pound whole wheat bread \$8 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 5 1/2 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans 1 dozen eggs 18 ounces peanut butter                                   | Two 18 ounce boxes cereal 1 pound whole wheat bread \$8 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 5 1/2 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans 1 dozen eggs 18 ounces peanut butter                                   | Two 18 ounce boxes cereal 1 pound whole wheat bread \$8 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 5 1/2 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans 1 dozen eggs 18 ounces peanut butter                                   |
|  | Each month<br>baby gets: | YOUR PRICELESS BREASTMILK<br>and<br>Up to 104 ounces formula<br>(3-4 ounces per day)  | YOUR PRICELESS BREASTMILK<br>and<br>Up to 364 ounces formula<br>(12-13 ounces per day)  | YOUR PRICELESS BREASTMILK<br>and<br>Up to 442 ounces formula<br>(14-15 ounces per day)  | YOUR PRICELESS BREASTMILK<br>and<br>Up to 312 ounces formula<br>(10-11 ounces per day)<br>Three 8 ounce boxes infant cereal<br>Up to 32 jars vegetables and fruits  |
| Formula<br>Feeding                       | Each month<br>Mom gets:  | Two 18 ounce boxes cereal<br>\$8 cash voucher for veggies/ fruits<br>Two 12 ounce cans frozen juice<br>4 gallons of non-fat (skim) or<br>low-fat (1%) milk<br>1 pound dry beans OR<br>18 ounces peanut butter<br>1 dozen eggs   | Two 18 ounce boxes cereal \$8 cash voucher for veggies/ fruits Two 12 ounce cans frozen juice 4 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans OR 18 ounces peanut butter 1 dozen eggs  | Two 18 ounce boxes cereal \$8 cash voucher for veggies/ fruits Two 12 ounce cans frozen juice 4 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans OR 18 ounces peanut butter 1 dozen eggs  |   |
| 2  | Each month<br>baby gets: | Up to 806 ounces formula<br>(26-27 ounces per day)  | Up to 806 ounces formula<br>(26-27 ounces per day)  | Up to 884 ounces formula<br>(29-30 ounces per day)  | Up to 624 ounces formula<br>(20-21 ounces per day)<br>Three 8 ounce boxes infant cereal<br>Up to 32 jars vegetables and fruits  |