

Toddler & Child Model Food Package



Cereal – 36 ounces



Eggs – 1 dozen
(medium or large)



Juice – 2 containers
(64 oz plastic bottle)

At the store – PICK 1



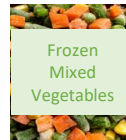
Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans

At the store – PICK 32 oz



100% Whole Wheat Bread: 12 - 24 oz loaf or buns
Whole Wheat Pasta: 16 oz
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 8 & 16 oz

\$25 Fruits & Vegetables



Frozen
Mixed
Vegetables

Standard Milk Package



*Milk – 4 gallons

Standard Cheese Package



*Milk – 3 gallons
Cheese – 1 lb
*Evaporated Milk – 1 can

Standard Cheese + Yogurt



*Milk – 3 gallons
Cheese – 1 lb
*Yogurt – 32 oz

* Age 12-23 months: Whole milk; Evaporated Milk; Whole Fat Yogurt
* Age 2-4 years: Skim or 1% milk; Fat-free Evaporated; Nonfat or Low-fat Yogurt

Pregnant / Part BF IN Model Food Package



Cereal – 36 ounces



Eggs – 1 dozen
(medium or large)



Juice – 3 containers (frozen)

At the store – PICK 2



Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans

At the store – PICK 16 oz



100% Whole Wheat Bread: 12 & 16 oz loaf or buns
Whole Wheat Pasta: 16 oz
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 8 & 16 oz

\$44 Fruits & Vegetables



Frozen Mixed Vegetables

Standard Milk Package




*Milk – 5 1/2 gallons

Standard Cheese Package



*Milk – 4 1/2 gallons
Cheese – 1 lb
*Evaporated Milk – 1 can

Standard Cheese + Yogurt



*Milk – 4 1/2 gallons
Cheese – 1 lb
*Yogurt – 32 oz

*Milk: Skim or 1%
*Yogurt: Nonfat or Low-fat

Not Breastfeeding/Part Out Model Food Package



Cereal – 36 ounces



Eggs – 1 dozen
(medium or large)



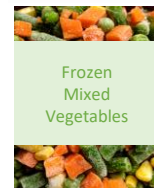
Juice – 2 containers
(frozen)

At the store – PICK 1



Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans

\$44 Fruits & Vegetables



Frozen
Mixed
Vegetables

Standard Milk Package



*Milk – 4 gallons

Standard Cheese Package



*Milk – 3 gallons
Cheese – 1 lb
*Evaporated Milk – 1 can

Standard Cheese + Yogurt



*Milk – 3 gallons
Cheese – 1 lb
*Yogurt – 32 oz

*Milk: Skim or 1%

*Yogurt: Non-fat or Low-fat

FBF Woman – Full Breastfeeding Model Food Package



Cereal – 36 ounces



Eggs – 2 dozen
(medium or large)



Juice – 3 containers (frozen)

At the store – PICK 2



Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans

At the store – PICK 16 oz



100% Whole Wheat Bread: 12 & 16 oz loaf or buns
Whole Wheat Pasta: 16 oz
Brown Rice: 14-16 oz bag or box
Whole Wheat or Corn Tortillas: 8 & 16 oz

\$49 Fruits &
Vegetables



Tuna or
Salmon
30 oz



Standard Milk Package



*Milk – 6 gallons
Cheese – 1 lb

Standard Cheese Package



*Milk – 5 gallons
Cheese – 2 lb
*Evaporated Milk – 1 can

Standard Cheese + Yogurt



*Milk – 5 gallons
Cheese – 2 lb
*Yogurt – 32 oz

*Milk – skim or 1%; Yogurt – Nonfat or Low fat

Basic Model Food Packages – Updated 12.29.22



Toddler & Child

Cereal – 36 ounces

Eggs – 1 dozen
(medium or large)

Juice – 2 containers
(64 oz plastic bottle)

At the store – PICK 1

Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans

At the store – PICK 32 oz

100% Whole Wheat Bread: 12 - 24 oz loaf or buns
Whole Wheat Pasta: 16 oz
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 8 & 16 oz

\$25 Fruits & Vegetables

Frozen Mixed Vegetables

Rectangular Snip

Standard Milk Package

*Milk – 4 gallons

Standard Cheese Package

*Milk – 3 gallons
Cheese – 1 lb
*Evaporated Milk – 1 can

Standard Cheese + Yogurt

*Milk – 3 gallons
Cheese – 1 lb
*Yogurt – 32 oz

* Age 12-23 months: Whole milk; Evaporated Milk; Whole Fat Yogurt
* Age 2-4 years: Skim or 1% milk; Fat-free Evaporated; Nonfat or Low-fat Yogurt

FBF Woman – Full Breastfeeding

Cereal – 36 ounces

Eggs – 2 dozen
(medium or large)

Juice – 3 containers (frozen)

At the store – PICK 2

Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans

At the store – PICK 16 oz

100% Whole Wheat Bread: 12 & 16 oz loaf or buns
Whole Wheat Pasta: 16 oz
Brown Rice: 14-16 oz bag or box
Whole Wheat or Corn Tortillas: 8 & 16 oz

\$49 Fruits & Vegetables

Frozen Mixed Vegetables

Rectangular Snip

Standard Milk Package

*Milk – 6 gallons
Cheese – 1 lb

Standard Cheese Package

*Milk – 5 gallons
Cheese – 2 lb
*Evaporated Milk – 1 can

Standard Cheese + Yogurt

*Milk – 5 gallons
Cheese – 2 lb
*Yogurt – 32 oz

*Milk – skim or 1%; Yogurt – Nonfat or Low fat

Pregnant/Part BF In

Cereal – 36 ounces

Eggs – 1 dozen
(medium or large)

Juice – 3 containers (frozen)

At the store – PICK 2

Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans

At the store – PICK 16 oz

100% Whole Wheat Bread: 12 & 16 oz loaf or buns
Whole Wheat Pasta: 16 oz
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 8 & 16 oz

\$44 Fruits & Vegetables

Frozen Mixed Vegetables

Rectangular Snip

Standard Milk Package

*Milk – 5 ½ gallons

Standard Cheese Package

*Milk – 4 ½ gallons
Cheese – 1 lb
*Evaporated Milk – 1 can

Standard Cheese + Yogurt

*Milk – 4 ½ gallons
Cheese – 1 lb
*Yogurt – 32 oz

*Milk: Skim or 1%
*Yogurt: Nonfat or Low-fat

Not Breastfeeding/Part Out

Cereal – 36 ounces

Eggs – 1 dozen
(medium or large)

Juice – 2 containers (frozen)

At the store – PICK 1

Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans

At the store – PICK 16 oz

100% Whole Wheat Bread: 12 & 16 oz loaf or buns
Whole Wheat Pasta: 16 oz
Brown Rice: (14-16 oz bag or box)
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\$44 Fruits & Vegetables

Frozen Mixed Vegetables

Rectangular Snip

Standard Milk Package

*Milk – 4 gallons

Standard Cheese Package

*Milk – 3 gallons
Cheese – 1 lb
*Evaporated Milk – 1 can

Standard Cheese + Yogurt

*Milk – 3 gallons
Cheese – 1 lb
*Yogurt – 32 oz

*Milk: Skim or 1%
*Yogurt: Non-fat or Low-fat