

Standard Food Packages at a Glance

Children & Women

For Staff Use Only

Exhibit 7-K

Food Category	Food Package 4 Children	Food Package 5 - Pregnant - Mostly-BF (MBF)	Food Package 6 Some- BF Women	Food Package 6 Non-BF Women	Food Package 7 -Fully BF - Mostly-BF Multiple Infants -Pregnant <i>and</i> Fully or Mostly-BF -Pregnant with Multiple Fetuses	Food Package 7+ Fully BF Multiple Infants
*Milk (Fat Free or 1%)	4 gallons (2 – 4 yrs)	5.5 gallons	4 gallons	4 gallons	6 gallons	9 gallons
*Milk for 1 year olds (Whole)	4 gallons (1 yr old)	NA	NA	NA	NA	NA
Cheese	NA	NA	NA	NA	1 lb.	(1.5 lbs.) 1 lb. = 1 st /3 rd mo. 2 lbs. = 2 nd mo.
Eggs	1 dozen	1 dozen	1 dozen	1 dozen	2 dozen	3 dozen
Juice **	2 (64 oz.)	3 (11.5-12 oz.) Frozen	2 (11.5 –12 oz.) Frozen	2 (11.5 -12 oz.) Frozen	3 (11.5-12 oz.) Frozen	4.5 (11.5-12 oz.) Frozen 5 Frozen = 1 st /3 rd mo. 4 Frozen = 2 nd mo.
Cereal	36 ounces	36 ounces	36 ounces	36 ounces	36 ounces	54 ounces
Whole Grains	32 oz	16 oz	NA	NA	16 oz	24 oz
Beans/Peanut Butter	1 option	2 options	1 option	1 option	2 options	3 options
Canned Fish	NA	NA	NA	NA	30 ounces	45 ounces
F/V	\$26	Pregnant- \$48 MBF- \$52	\$48	\$48	\$52	\$52
No Food Package – Some-BF	NA	NA	6 – 12 months postpartum	NA	NA	NA

*Milk substitution options are cheese, yogurt, and tofu as appropriate.

**Amounts listed provide full nutrition benefit.