

PREGNANCY FOOD PACKAGE



Milk



Gallons or half gallons



Half gallon
(64 oz) or
96 oz

Half gallon -
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 quart (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

Whole Grains



- One 1 lb (16 oz) package

Cereal



- 36 oz total

Peanut Butter or Beans



Pick **two** in store:

- Four 15-16 oz cans of beans **or**
- 1 lb dry beans **or**
- 16-18 oz container of peanut butter

Juice



- Three 11.5-12 oz containers of frozen juice (144 oz) **or**
- Two 64 oz containers (128 oz)

Fruits & Vegetables



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