

BREASTFEED Mom & Baby Get More Food



Mom - Up to 1 Yr

Example of food you get:

- 4 gallons of milk
- 3 pounds of cheese
- 3 (11.5 - 12 oz) frozen juices
- 36 oz breakfast cereal
- 2 dozen eggs
- \$10.00 fruits and vegetables
- 16 oz bread, tortillas or brown rice
- 1 pound dry beans or 4 (16 oz) cans and one (16-18 oz) jar peanut butter
- 30 oz canned fish

Baby - 6 Mo to 1 Yr

- 64 (4 oz) jars baby fruits and vegetables (twice as many as any other package)
- 31 jars baby meats
- 24 oz baby cereal

Fully Breastfeeding Mom & Baby



Mom - Up to 1 Yr

Example of foods you get:

- 4 & 1/2 gallons of milk
- 1 pound of cheese
- 3 (11.5 - 12 oz) frozen juices
- 36 oz breakfast cereal
- 1 dozen eggs
- \$10.00 fruits and vegetables
- 16 oz bread, tortillas or brown rice
- 1 pound of dry beans or 4 (16 oz) cans and one (16-18 oz) jar peanut butter
- No canned fish

Baby - 6 Mo to 1 Yr

- 32 (4 oz) jars baby fruits and vegetables
- 24 oz baby cereal
- No baby meats

Mostly Breastfeeding Mom & Baby



Mom - 0 to 6 Mo

Example of foods you get:

- 3 gallons of milk
- 1 pound of cheese
- 2 (11.5 - 12 oz) frozen juices
- 36 oz breakfast cereal
- 1 dozen eggs
- \$10.00 fruits and vegetables
- 1 pound dry beans or 4 (16 oz) cans or one (16-18 oz) jar of peanut butter
- No canned fish

Baby - 6 Mo to 1 Yr

- 32 (4 oz) jars baby fruits and vegetables
- 24 oz baby cereal
- No baby meats

Some/Non Breastfeeding Mom & Baby