

FBF Woman - Fully Breastfeeding Model Packages



Cereal - 36 ounces



Eggs - 2 dozen (medium or large)



Juice - 3 containers (frozen or concentrate)

At the Store - PICK 2



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

At the Store - PICK 1



100% Whole Wheat Bread: 1 lb loaf
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 16 o

Tuna or Salmon - 30 ounces



Fruits & Vegetables \$11 check

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

Milk - 6 gallons
Cheese - 1 pound
(Yogurt - None)



Standard Milk Package

Milk - 5 gallons
Cheese - 2 lb
Evaporated Milk - 1 can



Standard Cheese Package

Milk - 5 gallons
Cheese - 2 lb
Yogurt - 32 ounce



Standard Cheese + Yogurt Package

Toddler & Child Model Food Package



Cereal - 36 ounces



Eggs - 1 dozen (medium or large)



Juice - 2 containers (64 oz plastic)

At the store - PICK 1



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

At the store - PICK 2



100% Whole Wheat Bread: 1 lb loaf
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 16 oz

\$8 Fruit & Vegetable Check



Milk - 4 gallons
(Cheese - None)
(Yogurt - None)



Standard Milk Package

Milk - 3 gallons
Cheese - 1 lb
Evaporated Milk - 1 can



Standard Cheese Package

Milk - 3 gallons
Cheese - 1 lb
Yogurt - 32 ounce



Standard Cheese + Yogurt Package

Toddler pkg: Whole milk; Evaporated Milk; Whole Fat Yogurt
Child pkg: Skim or 1% milk; Fat-free Evaporated; Nonfat or Low-fat Yogurt

Nebraska WIC Training Updated 03/2017

Pregnant / Part BF IN - Model Package



Cereal - 36 ounces



Eggs - 1 dozen (medium or large)



Juice - 3 containers (frozen or concentrate)

At the store - PICK 2



Peanut Butter: 16- 18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans 15-16oz

At the store - PICK 1



100% Whole Wheat Bread: 1 lb loaf
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 16 oz

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

Milk - 5 1/2 gallons
(Cheese - None)
(Yogurt - None)



Standard Milk Package

Milk - 4 1/2 gallons
Cheese - 1 lb
Evaporated Milk - 1 can



Standard Cheese Package

Milk - 4 1/2 gallons
Cheese - 1 lb
Yogurt - 32 ounce



Standard Cheese + Yogurt Package



Fruits & Vegetables \$11 check

Not BF/Part BF Out Model Packages



Cereal - 36 ounces



Eggs - 1 dozen (Medium or large)



Juice - 2 containers (Frozen or concentrate)

At the store - PICK 1



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



Fruits & Vegetables \$11 check

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

Milk - 4 gallons
(Cheese - None)
(Yogurt - None)



Standard Milk Package

Milk - 3 gallons
Cheese - 1 lb
Evaporated Milk - 1 can



Standard Cheese Package

Milk - 3 gallons
Cheese - 1 lb
Yogurt - 32 ounce



Standard Cheese + Yogurt Package

Not BF/Part BF Out Model Packages



Cereal - 36 ounces



**Eggs - 1 dozen
(Medium or large)**



**Juice - 2 containers
(Frozen or concentrate)**

At the store - PICK 1



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



**Fruits & Vegetables
\$11 check**

Milk - Skim or 1%

Yogurt - Nonfat or Low-fat

**Milk - 4 gallons
(Cheese—None)
(Yogurt—None)**



Standard Milk Package

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



Standard Cheese Package

**Milk - 3 gallons
Cheese - 1 lb
Yogurt - 32 ounce**



**Standard Cheese + Yogurt
Package**

Pregnant / Part BF IN - Model Package



Cereal - 36 ounces



**Eggs - 1 dozen
(medium or large)**



**Juice - 3 containers
(frozen or concentrate)**

At the store - PICK 2



Peanut Butter: 16- 18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans 15-16oz

At the store - PICK 1



100% Whole Wheat Bread: 1 lb loaf
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 16 oz

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



Fruits & Vegetables
\$11 check

Milk - 5 ½ gallons
(Cheese—None)
(Yogurt - None)



Standard Milk Package

Milk - 4 ½ gallons
Cheese - 1 lb
Evaporated Milk - 1 can



Standard Cheese Package

Milk - 4 ½ gallons
Cheese -1 lb
Yogurt - 32 ounce



**Standard Cheese + Yogurt
Package**

Toddler & Child Model Food Package



Cereal - 36 ounces



Eggs - 1 dozen
(medium or large)



Juice - 2 containers
(64 oz plastic)

At the store - PICK 1



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

At the store - PICK 2



100% Whole Wheat Bread: 1 lb loaf
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 16 oz

\$8 Fruit & Vegetable Check



Milk - 4 gallons
(Cheese—None)
(Yogurt—None)

Standard Milk Package

Milk - 3 gallons
Cheese - 1 lb
Evaporated Milk - 1 can

Standard Cheese Package

Milk - 3 gallons
Cheese - 1 lb
Yogurt - 32 ounce

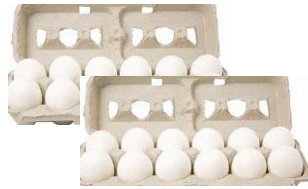
Standard Cheese + Yogurt Package

Toddler pkg: Whole milk; Evaporated Milk; Whole Fat Yogurt
Child pkg: Skim or 1% milk; Fat-free Evaporated; Nonfat or Low-fat Yogurt

FBF Woman - Fully Breastfeeding Model Packages



Cereal - 36 ounces



**Eggs - 2 dozen
(medium or large)**



**Juice - 3 containers
(frozen or concentrate)**

At the Store - Pick 2



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

At the Store - Pick 1



**100% Whole Wheat Bread: 1 lb loaf
Brown Rice: (14-16 oz bag or box)
Whole Wheat or Corn Tortillas: 16 oz**

**Tuna or Salmon
- 30 ounces**



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



**Fruits & Vegetables
\$11 check**

**Milk - 6 gallons
Cheese—1 pound
(Yogurt—None)**



Standard Milk Package

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



Standard Cheese Package

**Milk - 5 gallons
Cheese -2 lb
Yogurt - 32 ounce**



**Standard Cheese + Yogurt
Package**