

# Woman's Food Package - Postpartum



**Cereal** - 36 ounces



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



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

At the store - PICK 1



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



**Fruits & Vegetables**  
\$10 check

**Milk** - 4 gallons  
**Cheese**- NONE



**DF1**

OR

**Milk** - 3 gallons &  
**Cheese** - 1 lb



**DF2**