

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