Woman's Food Package - Mostly Breastfeeding

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

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: 16oz

Fruits & Vegetables
$10 check

Milk – 5 ½ gallons
(Cheese – NONE)

MF1

OR

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

MF2