

Food Packages For Breastfeeding Mothers

	Fully Breastfeeding	Mostly Breastfeeding	Some Breastfeeding
Cheese		NONE	NONE
Canned salmon or tuna		NONE	NONE
Whole Grain Bread or Brown Rice or Tortillas			NONE
Eggs			
Beans & Peanut Butter			
Juice			
Milk			
Cereal			
Fruit & Vegetables	 \$10	 \$10	 \$10

Duration

Up to 1 year postpartum

Up to 1 year postpartum

Up to 6 months postpartum

Food Packages for Breastfed Babies – 6 Months Old

	Fully Breastfeeding	Mostly Breastfeeding	Some Breastfeeding
	Only Mother's Breastmilk	Mother's Breastmilk & minimal formula	Mother's Breastmilk & formula
Baby Food (fruit & vegetable)	64 – 4 oz. jars	32 – 4 oz. jars	32 – 4 oz. jars
Baby Food (meat)	31 – 2.5 oz. jars	NONE	NONE
Baby Cereal	3 – 8oz. boxes	3 – 8 oz. boxes	3 – 8 oz. boxes



Reviewed 11/23/11
 2-1-10 F/V check for all women
 increase to \$10