

Toddler – (12 to 23 months) Model Food Package



Cereal – 36 ounces



Eggs – 1 dozen
or *1 bean choice
or *1 lb. of tofu



Juice – 64 oz
or *\$3 CVB (no juice)



Canned Fish – 6 oz

Beans and Peanut Butter – Pick 1



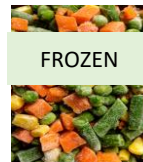
Peanut Butter: 16-18 oz jar
Beans, dried: 1 lb.
Beans, canned: 4 cans

Whole Grains: 24 Ounces



Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn): 8-32 oz
Oats: 16 to 32 oz

\$26 Fruits & Vegetables:
fresh, frozen, canned



Milk



Milk – 3 gallons

Milk + Yogurt



Milk – 2 ½ gallons
*Yogurt – 64 oz

Milk + Cheese + Yogurt



Milk – 2 gallons
*Yogurt – 32 oz
Cheese – 1 lb.
(2- 8 oz or 1-16 oz)

Whole milk; Evaporated Milk; Whole Fat Yogurt; *Low Fat Yogurt
*Category tailoring options

CHILD – (2 to 4 years) Model Food Package



Cereal – 36 ounces

Eggs – 1 dozen
or *1 bean choice
or *1 lb. of tofu

Juice – 64 oz
or *\$3 CVB (no juice)

Canned Fish – 6 oz

Beans and Peanut Butter – Pick 1



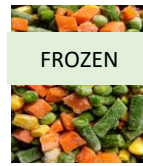
Peanut Butter: 16-18 oz jar
Beans, dried: 1 lb.
Beans, canned: 4 cans

Whole Grain – 24 Ounces



Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn): 8-32 oz
Oats: 16 to 32 oz

\$26 Fruits & Vegetables:
fresh, frozen, canned



Milk



Milk – 3 ½ gallons

Milk + Yogurt



Milk – 3 gallons
Yogurt – 64 oz

Milk + Cheese + Yogurt



Milk – 2.5 gallon
Yogurt – 32 oz
Cheese – 1 lb.
(2- 8 oz or 1-16 oz)

Milk: Skim or 1%; Yogurt: Nonfat or Low-fat;
*Category tailoring options

Pregnant Model Food Package



Cereal – 36 ounces



Eggs – 1 dozen
or *1 bean choice
or *1 lb. of Tofu



Juice – 64 oz
or \$3 CVB , no juice



Canned Fish – 10 oz

Beans, Peanut Butter – Pick 2



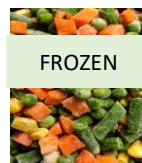
Peanut Butter: 16-18 oz jar
Beans, dried: 1 lb
Beans, canned: 4 cans

Whole Grain – 48 Ounces



Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn): 8-32 oz
Oats: 16 to 32 oz

\$47 Fruits & Vegetables



Standard Dairy Package Choices:

Milk



*Milk – 4 gallons

Milk & Yogurt



*Milk – 3 ½ gallons
*Yogurt – 64 oz

Milk & Cheese



*Milk – 3 gallons
Cheese – 1 lb.: (8oz or 16 oz)
Yogurt – 32 oz

Milk: Skim or 1%, *Yogurt: Nonfat or Low-fat
*Category tailoring options

Postpartum Model Food Package



Cereal – 36 ounces



Eggs – 1 dozen
or *1 bean choice
or *1 lb. of Tofu



Juice – 64 oz
or *\$3 CVB , no juice



Canned Fish – 10 oz

Beans, Peanut Butter– Pick 1



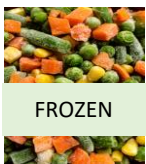
Peanut Butter: 16-18 oz jar
Beans, dried: 1 lb
Beans, canned: 4 cans

Whole Grain – 48 Ounces



Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn): 8-32 oz
Oats: 16 to 32 oz

\$47 Fruits & Vegetables (Fresh, frozen, or canned)



Standard Dairy Package Choices:

Milk



*Milk – 4 gallons

Milk & Yogurt



*Milk – 3 ½ gallons
*Yogurt – 64 oz

Milk & Cheese & Yogurt



*Milk –3 gallons
Cheese – 1 lb.:
(8oz or 16 oz)
Yogurt – 32 oz

Milk: Skim or 1%, *Yogurt: Nonfat or Low-fat
*Category tailoring options

Partial Mostly Breastfeeding | Pregnant with multiples Model Food Package



Cereal – 36 ounces



Eggs – 1 dozen
or *1 bean choice or
or *1 lb. of Tofu



Juice – 64 oz
or \$3 CVB , no juice



Canned Fish – 15 oz

Beans, Peanut Butter – Pick 2



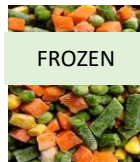
Peanut Butter: 16-18 oz jar
Beans, dried: 1 lb
Beans, canned: 4 cans

Whole Grain – 48 Ounces



Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn): 8-32 oz
Oats: 16 to 32 oz

\$52 Fruits &
Vegetables
Fresh, frozen,
or canned



Standard Dairy Package Choices:

Milk



*Milk – 4 gallons

Milk & Yogurt



*Milk – 3 ½ gallons
*Yogurt – 64 oz

Milk & Cheese



*Milk – 3 gallons
Cheese – 1 lb.: (8oz or 16 oz)
Yogurt – 32 oz

Milk: Skim or 1%, *Yogurt: Nonfat or Low-fat
*Category tailoring options

Exclusive Breastfeeding

- Partially BF multiples (same pregnancy) |
- Pregnant & fully or mostly BF one infant



Cereal – 36 ounces



Eggs – 2 dozen
or *2 bean choices
or *2 lbs. of Tofu



Juice – 64 oz
or \$3 CVB , no juice



Canned Fish – 20 oz

Beans, Peanut Butter – Pick 2



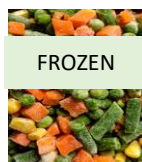
Peanut Butter: 16-18 oz jar
Beans, dried: 1 lb.
Beans, canned: 4 cans

Whole Grain – 48 Ounces



Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn): 8-32 oz
Oats: 16 to 32 oz

\$52 Fruits & Vegetables
Fresh, frozen, or canned



FROZEN

Standard Dairy Package Choices:

Milk



Milk – 4 gallons

Milk & Yogurt



Milk – 3 ½ gallons
*Yogurt – 64 oz

Milk & Cheese & Yogurt



Milk – 3 gallons
Cheese – 1 lb.: (8oz or 16 oz)
Yogurt – 32 oz

Double Milk & Cheese & Yogurt



*Milk – 2 gallons
Cheese – 2 lbs. (8oz or 16 oz)
Yogurt – 64 oz

Milk: Skim or 1%, *Yogurt: Nonfat or Low-fat
*Category tailoring options

Exclusive/Fully Breastfeeding Multiples Model Food Package



Juice –
Odd months - 64 oz
Even months – 128 oz
Or \$4.50 CVB (no juice)



Cereal – 54 ounces

Eggs – 3 dozen
or *3 bean choices
or *3 lbs of Tofu

Canned Fish – 30 oz

Beans, Peanut Butter – Pick 3



Peanut Butter: 16-18 oz jar
Beans, dried: 1 lb
Beans, canned: 4 cans

Whole Grain – 72 ounces



Bread (100% whole wheat): 8-32 oz
Pasta (whole wheat): 16 oz
Brown Rice (regular): 16 or 32 oz
Brown Rice (quick cooking): 14 or 28 oz
Tortillas (whole wheat): 16 oz
Tortillas (corn): 8-32 oz
Oats: 16 to 32 oz

\$78 Fruits & Vegetables
Fresh, frozen, or canned



Standard Dairy Package Choices:

Milk



*Milk – 6 gallons

Milk & Yogurt



Milk – 5.5 gallons
*Yogurt – 64 oz

Milk + Cheese + Yogurt



Milk – 5 gallons
Cheese – 1 lb.: (8oz or 16 oz)
Yogurt – 32 oz

Milk + 2 Cheese + 2 Yogurt



Milk – 4 gallons
Cheese – 2 lbs.: (8oz or 16 oz)
Yogurt – 64 oz