

XIRMADA CUNTADA ILMAHA



Caanaha



- 3 baaldi, caano aan dufan lahayn, ama 1% caano*
- 1 lb (8 Firiqo ama 16 Firiqo) oo ah farmaajo
- 1 quart (32 oz) caano fadhi (aan dufan lahayn ama subag yar)
- * 1-sano-jirada waxay qaataan caanaha guud iyo caano fadhi

Haddii aadan dooran caano garoorta iyo/ ama farmaajada, waxaad heli doontaa caano badan oo dheeraad ah.

Waxyaabaha Badelka u ah Caanaha:

Caanaha laktoos aan lahayn, cabitaanka sooyada (soy), caanaha riyaha, tofu



Ukunta/Nalo



- 1 darsin

Hadhuudhka Oo Dhan



- Laba xirmadood oo 1 rodol (16 Firiqo) ah

Boorashka



- Wadarta 36 Firiqo

Subagga Lawska ama Digirta



- Weel 16-18 Firiqo oo ah subagga lawska ama
- 1 lb oo digiraha qallalan ah ama
- Afar qasacadood oo digiro oo 15-16 Firiqo ah

Casiir



- Laba qasac oo 64 Firiqo ah
- Casiirka barafaysan waa ikhtiyaar marka la codsado.

Miraha & Khudaarta



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Hay'addan waa hay'ad bixisa fursad loo wada siman yahay.

CHILD FOOD PACKAGE



Milk



- 3 gallons, skim fat free, or 1% milk*
- 1 lb (8 oz or 16 oz) cheese
- 1 quart (32 oz) yogurt (nonfat or lowfat)

*1-year-olds get whole milk and whole milk yogurt

If you do not choose yogurt and/or cheese, you will receive more milk.

Dairy Alternatives:

Lactose-free milk, soy beverage, goat milk, tofu



Eggs



- 1 dozen

Whole Grains



- Two 1 lb (16 oz) packages

Cereal



- 36 oz total

Peanut Butter or Beans



- 16-18 oz container of peanut butter or
- 1 lb dry beans or
- Four 15-16 oz cans of beans

Juice



- Two 64 oz containers
- Frozen juice is an option upon request.

Fruits & Vegetables



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