

# XABAD/NAAS-NUUJINTA MARARKA QAAR AH BAAKADA CUNTADA



## Caanaha



- 3 baaldi, caano aan dufan lahayn, ama 1% caano ah
- 1 lb (8 oz ama 16 oz) oo ah farmaajo
- 1 quart (32 oz) caano fadhi (aan dufan lahayn ama subag yar)

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

### Waxyaabaha Badelka u ah Caanaha:

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



## Ukunta



- 1 darsin

## Badarka



- Wadarta 36 oz/Dhammaan 36 oz

## Subagga Lawska ama Digirta



- Weel 16-18 oz ah oo subaga lawska ama
- 1 lb oo digir qallalan ah ama
- Afar qasacadood oo digir ah oo 15-16 oz ah

## Casiir



- Labo qasac oo 11.5-12 oz ah oo casiir la barafeeyay ah (96 oz) ama
- Hal qasac oo 64 oz ah (64 oz)

## Miraha & Khudaarta



- \$

## DHALLAANKA – 6-8 BILOOD JIR

- Badarka Dhallaanka



- Qasac 24 oz ah (8 ama 16 oz) ah

- Miraha iyo Khudaarta Dhallaanka



- Qasac 32 (4 oz) ah

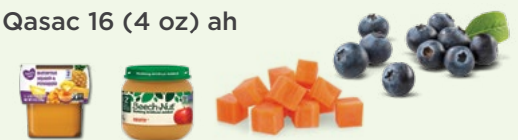
## DHALLAANKA – 9-11 BILOOD

- Badarka Dhallaanka



- Qasac 24 oz ah (8 ama 16 oz) ah

- \$4 oo Miro iyo Khudaarta Fireeshka ah
- Qasac 16 (4 oz) ah



# SOME OR NO CHEST/BREASTFEEDING 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)

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

## 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 11.5-12 oz containers of frozen juice (96 oz) **or**
- One 64 oz container (64 oz)

## Fruits & Vegetables



- \$

# INFANTS - 6-8 MONTHS

- Infant Cereal



- 24 oz (8 or 16 oz containers)

- Infant Fruits & Vegetables



- 32 (4 oz) containers

# INFANTS - 9-11 MONTHS

- Infant Cereal



- 24 oz (8 or 16 oz containers)

- \$4 Fresh Fruits & Vegetables

- 16 (4 oz) containers



This institution is an equal opportunity provider.