

Standard Food Packages at a Glance

Children & Women

For Staff Use Only

Exhibit 7-K

| Food Category | Food Package 4 Children | Food Package 5 Pregnant & Mostly-BF Women | Food Package 6 Some- BF Women | Food Package 6 Non-BF Women | Food Package 7 -Fully BF - Mostly-BF Multiple Infants -Pregnant <i>and</i> Fully or Mostly-BF -Pregnant with Multiple Fetuses | Food Package 7+ Fully BF Multiple Infants |
|-------------------------------|--------------------------------|--|--------------------------------------|------------------------------------|---|---|
| *Milk (Fat Free or 1%) | 4 gallons (2 – 4 y.o.) | 5.5 gallons | 4 gallons | 4 gallons | 6 gallons | 9 gallons |
| *Milk for 1 year olds (Whole) | 4 gallons (1 - 2 y.o.) | NA | NA | NA | NA | NA |
| Cheese | NA | NA | NA | NA | 1 lb. | (1.5 lbs.) 1 lb. = 1 st /3 rd mo. 2 lbs. = 2 nd mo. |
| Eggs | 1 dozen | 1 dozen | 1 dozen | 1 dozen | 2 dozen | 3 dozen |
| Juice ** | 2 (64 oz.) | 3 (11.5-12 oz.) Frozen | 2 (11.5 –12 oz.) Frozen | 2 (11.5 -12 oz.) Frozen | 3 (11.5-12 oz.) Frozen | 4.5 (11.5-12 oz.) Frozen 5 Frozen = 1 st /3 rd mo. 4 Frozen = 2 nd mo. |
| Cereal | 36 ounces | 36 ounces | 36 ounces | 36 ounces | 36 ounces | 54 ounces |
| Whole Grains | 2 lbs. | 1 lb. | NA | NA | 1 lb. | (1.5 lbs.) 1 lb = 1 st /3 rd mo. 2 lbs = 2 nd mo. |
| Beans/Peanut Butter | 1 option | 2 options | 1 option | 1 option | 2 options | 3 options |
| Canned Fish | NA | NA | NA | NA | 30 ounces | 45 ounces |
| F/V | 10 dollars | 12 dollars | 12 dollars | 12 dollars | 12 dollars | 18 dollars |
| No Food Package – Some-BF | NA | NA | 6 – 12 months postpartum | NA | NA | NA |

*Milk substitution options are cheese, yogurt, soy beverage and tofu as appropriate.

** Amounts listed provide full nutrition benefit.