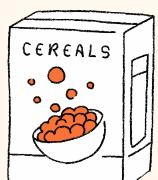


# PREGNANT FOOD PACKAGES

## No Cheese



Cereal- 36oz



Canned Fish- 10oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 5.5 Gallons



Eggs- 1 Dozen

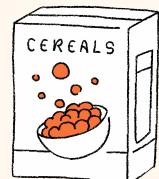


Fruits & Vegetables Cash- \$48.00

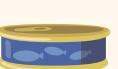


Juice- 64oz

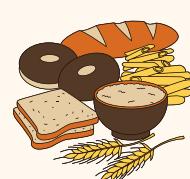
## No Cheese and juice, +\$51CVB



Cereal- 36oz



Canned Fish- 10oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 5.5 Gallons

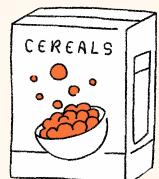


Eggs- 1 Dozen



Fruits & Vegetables Cash- \$51.00

## Cheese



Cereal- 36oz



Canned Fish- 10oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 4.75 Gallons



Eggs- 1 Dozen



Fruits & Vegetables Cash- \$48.00



Juice- 64oz



Cheese- 1lb

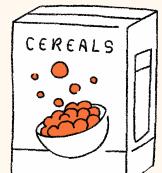


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# PREGNANT FOOD PACKAGES

## Tofu



Cereal- 36oz



Canned Fish- 10oz



Whole Grains- 48oz



Legumes- 2 options



Milk-  
5.25 Gallons



Eggs- 1 Dozen



Fruits & Vegetables Cash-  
\$48.00

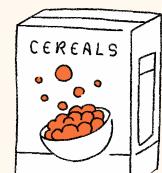


Juice- 64oz



Tofu- 1lb  
(up to 16lbs)

## Yogurt



Cereal- 36oz



Canned Fish- 10oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 5 Gallons



Eggs- 1 Dozen



Fruits & Vegetables Cash- \$48.00

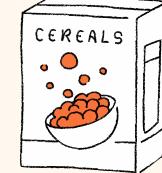


Juice- 64oz



Yogurt- 64oz

## Cheese and Tofu



Cereal- 36oz



Canned Fish- 10oz



Whole Grains- 48oz



Legumes- 2 options



Milk-  
4.5 Gallons



Eggs- 1 Dozen



Fruits & Vegetables Cash-  
\$48.00



Juice- 64oz



Cheese- 1lb



Tofu- 1lb  
(up to 16lbs)

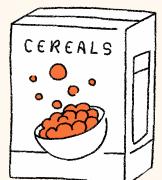


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# PREGNANT FOOD PACKAGES

## Cheese and Yogurt



Cereal- 36oz



Canned Fish- 10oz



Whole Grains- 48oz



Legumes- 2 options



Milk-  
4.25 Gallons



Eggs- 1 Dozen



Fruits & Vegetables Cash-  
\$48.00



Juice- 64oz

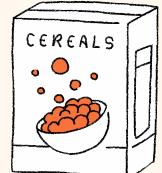


Cheese- 1lb



Yogurt-  
64oz

## Plant Based Milk and Tofu



Cereal- 36oz



Canned Fish- 10oz



Whole Grains- 48oz



Legumes- 2 options



Plant Based Milk-  
5.25 Gallons



Eggs- 1 Dozen



Fruits & Vegetables Cash-  
\$48.00

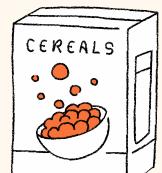


Juice- 64oz



Tofu- 1lb  
(up to 16lbs)

## Dairy Free



Cereal- 36oz



Canned Fish- 10oz



Whole Grains- 48oz



Legumes- 3 options



Plant Based Milk-  
5.25 Gallons



Fruits & Vegetables Cash-  
\$48.00



Juice- 64oz



Tofu- 1lb  
(up to 16lbs)



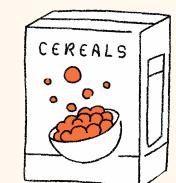
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# MOSTLY BREASTFEEDING FOOD PACKAGES

\*Also applicable to Pregnant w/Multiples\*

## No Cheese



Cereal- 36oz



Canned Fish- 15oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 5.5 Gallons



Eggs- 1 Dozen

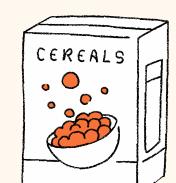


Fruits & Vegetables Cash- \$52.00



Juice- 64oz

## No Cheese and Juice, +\$55CVB



Cereal- 36oz



Canned Fish- 15oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 5.5 Gallons

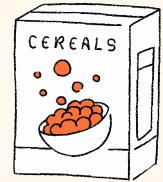


Eggs- 1 Dozen

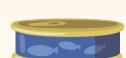


Fruits & Vegetables Cash- \$55.00

## Cheese



Cereal- 36oz



Canned Fish- 15oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 4.75 Gallons



Eggs- 1 Dozen



Fruits & Vegetables  
Cash- \$52.00



Juice- 64oz



Cheese- 1lb



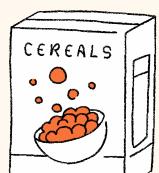
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# MOSTLY BREASTFEEDING FOOD PACKAGES

\*Also applicable to Pregnant w/Multiples\*

## Tofu



Cereal- 36oz



Canned Fish- 15oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 5.25 Gallons



Eggs- 1 Dozen



Fruits & Vegetables Cash- \$52.00

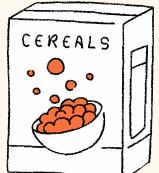


Juice- 64oz



Tofu- 1lb (up to 16lbs)

## Yogurt



Cereal- 36oz



Canned Fish- 15oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 5 Gallons



Eggs- 1 Dozen



Fruits & Vegetables Cash- \$52.00

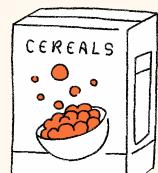


Juice- 64oz

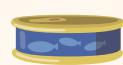


Yogurt- 64oz

## Cheese and Tofu



Cereal- 36oz



Canned Fish- 15oz



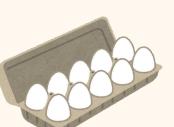
Whole Grains- 48oz



Legumes- 2 options



Milk- 4.5 Gallons



Eggs- 1 Dozen



Fruits & Vegetables Cash- \$52.00



Juice- 64oz



Cheese- 1lb



Tofu- 1lb (up to 16lbs)



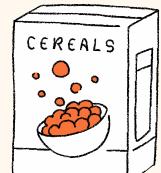
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# MOSTLY BREASTFEEDING FOOD PACKAGES

\*Also applicable to Pregnant w/Multiples\*

## Cheese and Yogurt



Cereal- 36oz



Canned Fish- 15oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 4.25 Gallons



Eggs- 1 Dozen



Fruits & Vegetables Cash- \$52.00



Juice- 64oz

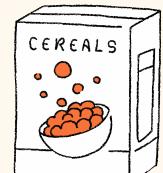


Cheese- 1lb



Yogurt- 64oz

## Plant Based Milk and Tofu



Cereal- 36oz



Canned Fish- 15oz



Whole Grains- 48oz



Legumes- 2 options



Plant Based Milk- 5.25 Gallons



Eggs- 1 Dozen



Fruits & Vegetables Cash- \$52.00

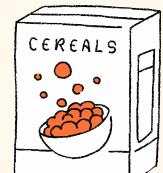


Juice- 64oz



Tofu- 1lb  
(up to 16lbs)

## Dairy Free



Cereal- 36oz



Canned Fish- 15oz



Whole Grains- 48oz



Legumes- 3 options



Plant Based Milk- 5.25 Gallons



Fruits & Vegetables Cash- \$52.00



Juice- 64oz



Tofu- 1lb  
(up to 16lbs)



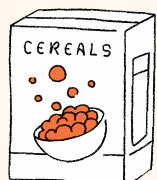
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# FULLY BREASTFEEDING FOOD PACKAGES

\*Also applicable to Pregnant & FBF, Pregnant & MBF, MBF w/Multiples\*

## No Cheese



Cereal- 36oz



Canned Fish- 20oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 6 Gallons



Eggs- 2 Dozen

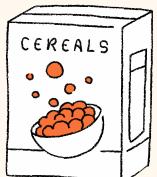


Fruits & Vegetables Cash- \$52.00



Juice- 64oz

## No Cheese and Juice, +\$55CVB



Cereal- 36oz



Canned Fish- 20oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 6 Gallons

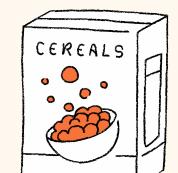


Eggs- 2 Dozen



Fruits & Vegetables Cash- \$55.00

## Cheese



Cereal- 36oz



Canned Fish- 20oz



Whole Grains- 48oz



Legumes- 2 options



Milk- 4.5 Gallons



Eggs- 2 Dozen



Fruits & Vegetables Cash- \$52.00



Juice- 64oz



Cheese- 2lbs



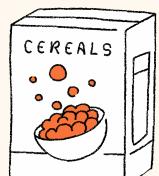
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# FULLY BREASTFEEDING FOOD PACKAGES

\*Also applicable to Pregnant & FBF, Pregnant & MBF, MBF w/Multiples\*

## Tofu



Cereal- 36oz



Canned Fish- 20oz



Whole Grains- 48oz



Legumes- 2 options



Milk-  
5.75 Gallons



Eggs- 2 Dozen



Fruits & Vegetables Cash-  
\$52.00

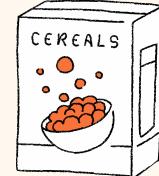


Juice- 64oz

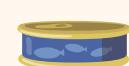


Tofu- 1lb  
(up to 16lbs)

## Yogurt



Cereal- 36oz



Canned Fish- 20oz



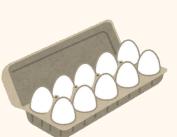
Whole Grains- 48oz



Legumes- 2 options



Milk-  
5.5 Gallons



Eggs- 2 Dozen



Fruits & Vegetables Cash-  
\$52.00

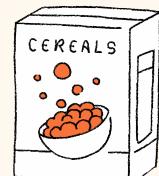


Juice- 64oz



Yogurt- 64oz

## Cheese and Tofu



Cereal- 36oz



Canned Fish- 20oz



Whole Grains- 48oz



Legumes- 2 options



Milk-  
4.25 Gallons



Eggs- 2 Dozen



Fruits & Vegetables Cash-  
\$52.00



Juice-  
64oz



Cheese- 2lbs



Tofu- 1lb  
(up to 16lbs)



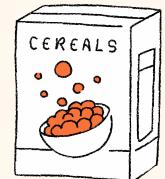
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# FULLY BREASTFEEDING FOOD PACKAGES

\*Also applicable to Pregnant & FBF, Pregnant & MBF, MBF w/Multiples\*

## Cheese and Yogurt



Cereal- 36oz



Canned Fish- 20oz



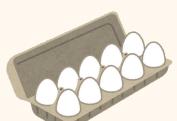
Whole Grains- 48oz



Legumes- 2 options



Milk- 4 Gallons



Eggs- 2 Dozen



Fruits & Vegetables Cash- \$52.00



Juice- 64oz

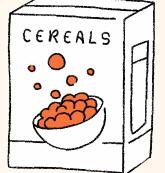


Cheese- 2lbs

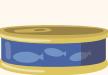


Yogurt- 64oz

## Plant Based Milk and Tofu



Cereal- 36oz



Canned Fish- 20oz



Whole Grains- 48oz



Legumes- 2 options



Plant Based Milk- 5.75 Gallons



Eggs- 2 Dozen



Fruits & Vegetables Cash- \$52.00

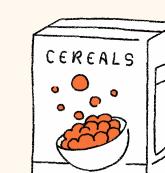


Juice- 64oz



Tofu- 1lb (up to 16lbs)

## Dairy Free



Cereal- 36oz



Canned Fish- 20oz



Whole Grains- 48oz



Legumes- 4 options



Plant Based Milk- 5.75 Gallons



Fruits & Vegetables Cash- \$52.00



Juice- 64oz



Tofu- 1lb (up to 16lbs)

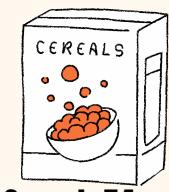


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# FULLY BREASTFEEDING W/ MULTIPLES FOOD PACKAGES

## No Cheese



Cereal- 54oz



Canned Fish- 30oz



Whole Grains- 72oz



Legumes- 3 options



Milk- 9 Gallons



Eggs- 3 Dozen

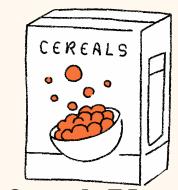


Fruits & Vegetables Cash- \$78.00

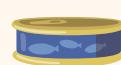


Even Months: Juice- 64oz  
Odd Months: Juice- 64oz x2

## No Cheese and Juice, +\$82.50 CVB



Cereal- 54oz



Canned Fish- 30oz



Whole Grains- 72oz



Legumes- 3 options



Milk- 9 Gallons

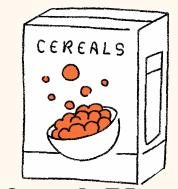


Eggs- 3 Dozen



Fruits & Vegetables Cash- \$82.50

## Cheese



Cereal- 54oz



Canned Fish- 30oz



Whole Grains- 72oz



Legumes- 3 options



Milk- 6.75 Gallons



Eggs- 3 Dozen



Fruits & Vegetables  
Cash- \$78.00



Even Months: Juice- 64oz  
Odd Months: Juice- 64oz x2

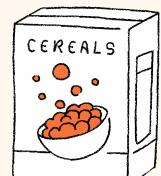


Cheese- 3lbs



# FULLY BREASTFEEDING W/ MULTIPLES FOOD PACKAGES

## Tofu



Cereal- 54oz



Canned Fish- 30oz



Whole Grains- 72oz



Legumes- 3 options



Milk-  
8.75 Gallons



Eggs-  
3 Dozen



Fruits & Vegetables Cash-  
\$78.00

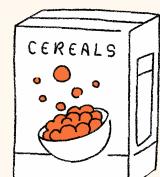


Even Months: Juice- 64oz  
Odd Months: Juice- 64oz x2



Tofu- 1lb  
(up to 24lbs)

## Yogurt



Cereal- 54oz



Canned Fish- 30oz



Whole Grains- 72oz



Legumes- 3 options



Milk-  
8.25 Gallons



Eggs-  
3 Dozen



Fruits & Vegetables Cash-  
\$78.00

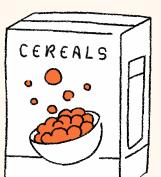


Even Months: Juice- 64oz  
Odd Months: Juice- 64oz x2



Yogurt- 96oz

## Cheese and Tofu



Cereal- 54oz



Canned Fish- 30oz



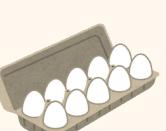
Whole Grains- 72oz



Legumes- 3 options



Milk-  
6.5 Gallons



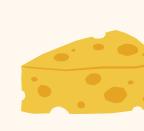
Eggs-  
3 Dozen



Fruits & Vegetables Cash-  
\$78.00



Even Months: Juice- 64oz  
Odd Months: Juice- 64oz x2



Cheese-  
3lbs



Tofu- 1lb  
(up to 24lbs)

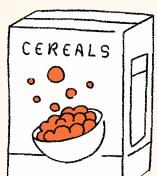


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# FULLY BREASTFEEDING W/ MULTIPLES FOOD PACKAGES

## Cheese and Yogurt



Cereal- 54oz



Canned Fish- 30oz



Whole Grains- 72oz



Legumes- 3 options



Milk-  
6 Gallons



Eggs- 3 Dozen



Fruits & Vegetables Cash-  
\$78.00



Even Months: Juice- 64oz  
Odd Months: Juice- 64oz x2

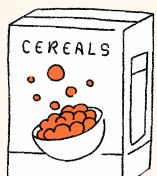


Cheese-  
3lbs



Yogurt-  
96oz

## Plant Based Milk and Tofu



Cereal- 54oz



Canned Fish- 30oz



Whole Grains- 72oz



Legumes- 3 options



Plant Based Milk -  
8.75 Gallons



Eggs-  
3 Dozen



Fruits & Vegetables Cash-  
\$78.00

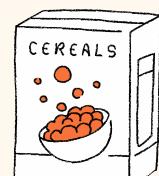


Even Months: Juice- 64oz  
Odd Months: Juice- 64oz x2

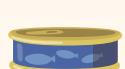


Tofu- 1lb  
(up to 24lbs)

## Dairy Free



Cereal- 54oz



Canned Fish- 30oz



Whole Grains- 72oz



Legumes- 6 options



Plant Based Milk-  
8.75 Gallons



Fruits & Vegetables Cash-  
\$78.00



Even Months: Juice- 64oz  
Odd Months: Juice- 64oz x2



Tofu- 1lb  
(up to 24lbs)



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