






Mom and Baby Food Packages

		Age of Infant			
Feeding Choice		Birth thru 1 month	1 thru 3 months	4 thru 5 months	6 thru 12 months
Breastfeeding 	Each month Mom gets:	Two 18 ounce boxes cereal 1 pound whole wheat bread \$10 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 6 gallons of non-fat (skim) or low-fat (1%) milk 1 pound cheese 1 pound dry beans 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs	Two 18 ounce boxes cereal 1 pound whole wheat bread \$10 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 6 gallons of non-fat (skim) or low-fat (1%) milk 1 pound cheese 1 pound dry beans 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs	Two 18 ounce boxes cereal 1 pound whole wheat bread \$10 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 6 gallons of non-fat (skim) or low-fat (1%) milk 1 pound cheese 1 pound dry beans 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs	Two 18 ounce boxes cereal 1 pound whole wheat bread \$10 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 6 gallons of non-fat (skim) or low-fat (1%) milk 1 pound cheese 1 pound dry beans 18 ounces peanut butter 30 ounces canned fish 2 dozen eggs
	Each month baby gets:	YOUR PRICELESS BREASTMILK!!!			YOUR PRICELESS BREASTMILK!!! Three 8 ounce boxes infant cereal Up to 64 jars baby food vegetables and fruit Up to 31 jars baby food meats
Some Breastfeeding/ Some Formula Feeding 	Each month Mom gets:	Two 18 ounce boxes cereal 1 pound whole wheat bread \$8 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 5 1/2 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans 1 dozen eggs 18 ounces peanut butter	Two 18 ounce boxes cereal 1 pound whole wheat bread \$8 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 5 1/2 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans 1 dozen eggs 18 ounces peanut butter	Two 18 ounce boxes cereal 1 pound whole wheat bread \$8 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 5 1/2 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans 1 dozen eggs 18 ounces peanut butter	Two 18 ounce boxes cereal 1 pound whole wheat bread \$8 cash voucher for veggies/ fruits Three 12 ounce cans frozen juice 5 1/2 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans 1 dozen eggs 18 ounces peanut butter
	Each month baby gets:	YOUR PRICELESS BREASTMILK and Up to 104 ounces formula (3-4 ounces per day)	YOUR PRICELESS BREASTMILK and Up to 364 ounces formula (12-13 ounces per day)	YOUR PRICELESS BREASTMILK and Up to 442 ounces formula (14-15 ounces per day)	YOUR PRICELESS BREASTMILK and Up to 312 ounces formula (10-11 ounces per day) Three 8 ounce boxes infant cereal Up to 32 jars vegetables and fruits
Formula Feeding 	Each month Mom gets:	Two 18 ounce boxes cereal \$8 cash voucher for veggies/ fruits Two 12 ounce cans frozen juice 4 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans OR 18 ounces peanut butter 1 dozen eggs	Two 18 ounce boxes cereal \$8 cash voucher for veggies/ fruits Two 12 ounce cans frozen juice 4 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans OR 18 ounces peanut butter 1 dozen eggs	Two 18 ounce boxes cereal \$8 cash voucher for veggies/ fruits Two 12 ounce cans frozen juice 4 gallons of non-fat (skim) or low-fat (1%) milk 1 pound dry beans OR 18 ounces peanut butter 1 dozen eggs	
	Each month baby gets:	Up to 806 ounces formula (26-27 ounces per day)	Up to 806 ounces formula (26-27 ounces per day)	Up to 884 ounces formula (29-30 ounces per day)	Up to 624 ounces formula (20-21 ounces per day) Three 8 ounce boxes infant cereal Up to 32 jars vegetables and fruits

This institution is an equal opportunity provider.
New York State Department of Health