

FoodPlus Program Food Packages

Food Package designed to supplement: Protein, Calcium, Iron & Vitamins A & C (approximately 40 lbs per month)

Commodity	Children				Women		Srs. 60 Yrs. & Older
	6-1 Mos.	4-12 Mos.	1-2 Yrs.	3-6 Yrs.	Pregnant or Breast Feeding	Nonbreast Feeding Post-Partum	
Food Group Package							
Canned Meat 29 oz.	0	0	1	1	1	1	1
Canned Vegetables 16 oz.	0	0	4	4	6	4	3
Canned Fruits 1 lbs.	0	0	2	2	4	2	2
Cereal (Varies)	0	0	2	2	2	2	2
Cheese 2 lbs.	0	0	1	1	1	1	1
Pasta or Rice or Potatoes 2 lbs.	0	0	1	1	1	1	1
Evaporated Milk 12 oz.	0	0	5	5	11	3	3
Dry Beans or Peanut Butter 1 lb.	0	0	1	1	1	1	1
Dry Milk 2 lbs.	0	0	1	1	1	1	1
Fruit Juice 46 oz.	0	2	5	5	5	3	3
Infant Formula 13 oz.	31	31	0	0	0	0	0
Infant Cereal 8 oz.	0	4	0	0	0	0	0