

# Food Packages and Substitutions



Food Package II: Infants 6 through 11 Months Category			
Food Category	Default	Substitutions Available	Amount
Infant Fruits and Vegetables	128 oz infant f/v	CVB	64 oz infant f/v + \$11 <b>OR</b> 0 oz infant f/v + \$22

Food Package IV: Child Category			
Food Category	Default	Substitutions Available	Amount
Juice	64 fl oz	CVB	\$3
Milk	<b>12-23 Months:</b> 16 qt whole milk (4 gal)  <b>2-4 Years:</b> 16 qt 1% or nonfat milk (4 gal)	Cheese	<b>Up To:</b> 1 lb for 3 qt milk
		Yogurt <b>12-23 Months:</b> Whole or low fat <b>2-4 Years:</b> Low fat or nonfat	<b>Up To:</b> 2 qt for 2 qt milk <b>Exchange:</b> 1 qt per 1 qt milk
		*Soy Milk	<b>Up To:</b> Max <b>Exchange:</b> 1 qt per 1 qt milk
		Tofu	<b>Up To:</b> Max <b>Exchange:</b> 1 lb per 1 qt milk
Breakfast Cereal	36 oz	<b>No Substitutions</b>	
Eggs	1 dozen	Dry Beans, Peas, Lentils	1 lb
		Canned Beans	4 – 15 to 16 oz cans
		Peanut Butter	15 to 18 oz
		Tofu	1 lb
Fruits/Vegetables/Herbs	\$26	<b>No Substitutions</b>	
Whole Grains	24 oz	<b>No Substitutions</b>	
Fish (Canned)	6 oz	<b>No Substitutions</b>	
Dried/Canned Beans <b>OR</b> Peanut Butter	<b>1 Choice:</b> 1 lb dry / 4 – 15 to 16 oz cans 15 to 18 oz container	<b>No Substitutions</b>	

oz – ounce; f/v – fruits and vegetables; CVB – Cash Value Benefit; fl oz – fluid ounce; qt – quart; gal – gallon; lb – pound; max – maximum; oz – ounce.

\*Staff must choose the Soy-based beverage subcategory for participants with the Milk – Whole category who want soy milk.



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# New Food Packages and Substitutions



Food Package V-A: Pregnant Category			
Food Category	Default	Substitutions Available	Amount
Juice	64 fl oz	CVB	\$3
Milk	22 qt (5.5 gal)	Cheese	<b>Up To:</b> 1 lb for 3 qt milk
		Yogurt	<b>Up To:</b> 2 qt for 2 qt milk <b>Exchange:</b> 1 qt per 1 qt milk
		Soy Milk	<b>Up To:</b> Max <b>Exchange:</b> 1 qt per 1 qt milk
		Tofu	<b>Up To:</b> Max <b>Exchange:</b> 1 lb per 1 qt milk
Breakfast Cereal	36 oz	<b>No Substitutions</b>	
Eggs	1 dozen	Dry Beans, Peas, Lentils	1 lb
		Canned Beans	4 – 15 to 16 oz cans
		Peanut Butter	15 to 18 oz
		Tofu	1 lb
Fruits/Vegetables/Herbs	\$47	<b>No Substitutions</b>	
Whole Grains	48 oz	<b>No Substitutions</b>	
Fish (Canned)	10 oz	<b>No Substitutions</b>	
Dried/Canned Beans <b>OR</b> Peanut Butter	<b>2 Choices:</b> 1 lb dry / 4 – 15 to 16 oz cans 15 to 18 oz container	<b>No Substitutions</b>	

fl oz – fluid ounce; CVB – Cash Value Benefit; qt – quart; gal – gallon; lb – pound; max – maximum; oz – ounce.

# New Food Packages and Substitutions



<b>Food Package V-B:                      Mostly Breastfeeding Category                      Pregnant with Multiples Category</b>			
Food Category	Default	Substitutions Available	Amount
Juice	64 fl oz	CVB	\$3
Milk	22 qt (5.5 gal)	Cheese	<b>Up To:</b> 1 lb for 3 qt milk
		Yogurt	<b>Up To:</b> 2 qt for 2 qt milk <b>Exchange:</b> 1 qt per 1 qt milk
		Soy Milk	<b>Up To:</b> Max <b>Exchange:</b> 1 qt per 1 qt milk
		Tofu	<b>Up To:</b> Max <b>Exchange:</b> 1 lb per 1 qt milk
Breakfast Cereal	36 oz	<b>No Substitutions</b>	
Eggs	1 dozen	Dry Beans, Peas, Lentils	1 lb
		Canned Beans	4 – 15 to 16 oz cans
		Peanut Butter	15 to 18 oz
		Tofu	1 lb
Fruits/Vegetables/Herbs	\$52	<b>No Substitutions</b>	
Whole Grains	48 oz	<b>No Substitutions</b>	
Fish (Canned)	15 oz	<b>No Substitutions</b>	
Dried/Canned Beans <b>OR</b> Peanut Butter	<b>2 Choices:</b> 1 lb dry / 4 – 15 to 16 oz cans 15 to 18 oz container	<b>No Substitutions</b>	

fl oz – fluid ounce; CVB – Cash Value Benefit; qt – quart; gal – gallon; lb – pound; max – maximum; oz – ounce.

# New Food Packages and Substitutions



Food Package VI: Some Breastfeeding Category Postpartum Category			
Food Category	Default	Substitutions Available	Amount
Juice	64 fl oz	CVB	\$3
Milk	16 qt (4 gal)	Cheese	<b>Up To:</b> 1 lb for 3 qt milk
		Yogurt	<b>Up To:</b> 2 qt for 2 qt milk <b>Exchange:</b> 1 qt per 1 qt milk
		Soy Milk	<b>Up To:</b> Max <b>Exchange:</b> 1 qt per 1 qt milk
		Tofu	<b>Up To:</b> Max <b>Exchange:</b> 1 lb per 1 qt milk
Breakfast Cereal	36 oz	<b>No Substitutions</b>	
Eggs	1 dozen	Dry Beans, Peas, Lentils	1 lb
		Canned Beans	4 – 15 to 16 oz cans
		Peanut Butter	15 to 18 oz
		Tofu	1 lb
Fruits/Vegetables/Herbs	\$47	<b>No Substitutions</b>	
Whole Grains	48 oz	<b>No Substitutions</b>	
Fish (Canned)	10 oz	<b>No Substitutions</b>	
Dried/Canned Beans <b>OR</b> Peanut Butter	<b>1 Choice:</b> 1 lb dry / 4 – 15 to 16 oz cans 15 to 18 oz container	<b>No Substitutions</b>	

fl oz – fluid ounce; CVB – Cash Value Benefit; qt – quart; gal – gallon; lb – pound; max – maximum; oz – ounce.

# New Food Packages and Substitutions



## Food Package VII:

Fully Breastfeeding Category

Mostly Breastfeeding Multiple Infants (from the Same Pregnancy) Category

Pregnant + Fully or Mostly Breastfeeding Category

Food Category	Default	Substitutions Available	Amount
Juice	64 fl oz	CVB	\$3
Milk	24 qt (6 gal)	Cheese	<b>Up To:</b> 2 lb for 6 qt milk <b>Exchange:</b> 1 lb per 3 qt milk
		Yogurt	<b>Up To:</b> 2 qt for 2 qt milk <b>Exchange:</b> 1 qt per 1 qt milk
		Soy Milk	<b>Up To:</b> Max <b>Exchange:</b> 1 qt per 1 qt milk
		Tofu	<b>Up To:</b> Max <b>Exchange:</b> 1 lb per 1 qt milk
Breakfast Cereal	36 oz	<b>No Substitutions</b>	
Eggs	2 dozen	Dry Beans, Peas, Lentils	<b>Up To:</b> 2 lb for 2 dozen eggs <b>Exchange:</b> 1 lb per dozen eggs
		Canned Beans	<b>Up To:</b> 8 – 15 to 16 oz cans for 2 dozen eggs <b>Exchange:</b> 4 – 15 to 16 oz cans per dozen eggs
		Peanut Butter	<b>Up To:</b> 36 oz PB for 2 dozen eggs <b>Exchange:</b> 18 oz PB per dozen eggs
		Tofu	<b>Up To:</b> 2 lb for 2 dozen eggs <b>Exchange:</b> 1 lb per dozen eggs
Fruits/Vegetables/Herbs	\$52	<b>No Substitutions</b>	
Whole Grains	48 oz	<b>No Substitutions</b>	
Fish (Canned)	20 oz	<b>No Substitutions</b>	
Dried/Canned Beans <b>OR</b> Peanut Butter	<b>2 Choices:</b> 1 lb dry / 4 – 15 to 16 oz cans 15 to 18 oz container	<b>No Substitutions</b>	

fl oz – fluid ounce; CVB – Cash Value Benefit; qt – quart; gal – gallon; lb – pound; max – maximum; oz – ounce; PB – peanut butter.



## New Food Packages and Substitutions

<b>Food Package VII x 1.5:</b> Fully Breastfeeding Multiples Category Pregnant + Fully Breastfeeding Multiples Category			
Food Category	Default	Subs Available	Amount
Juice	Odd Months: 64 fl oz Even Months: 128 fl oz	CVB	\$4.50
Milk	36 qt (9 gal)	Cheese	<b>Up To:</b> 2 lb for 6 qt milk <b>Exchange:</b> 1 lb per 3 qt milk
		Yogurt	<b>Up To:</b> 2 qt for 2 qt milk <b>Exchange:</b> 1 qt per 1 qt milk
		Soy Milk	<b>Up To:</b> Max <b>Exchange:</b> 1 qt per 1 qt milk
		Tofu	<b>Up To:</b> Max <b>Exchange:</b> 1 lb per 1 qt milk
Breakfast Cereal	54 oz	<b>No Substitutions</b>	
Eggs	3 dozen	Dry Beans, Peas, Lentils	<b>Up To:</b> 3 lb for 3 dozen eggs <b>Exchange:</b> 1 lb per dozen eggs
		Canned Beans	<b>Up To:</b> 12 – 15 to 16 oz cans for 3 dozen eggs <b>Exchange:</b> 4 – 15 to 16 oz cans per dozen eggs
		Peanut Butter	<b>Up To:</b> 54 oz PB for 3 dozen eggs <b>Exchange:</b> 18 oz PB per dozen eggs
		Tofu	<b>Up To:</b> 3 lb for 3 dozen eggs <b>Exchange:</b> 1 lb per dozen eggs
Fruits/Vegetables/Herbs	\$78	<b>No Substitutions</b>	
Whole Grains	72 oz	<b>No Substitutions</b>	
Fish (Canned)	30 oz	<b>No Substitutions</b>	
Dried/Canned Beans <b>OR</b> Peanut Butter	<b>3 Choices:</b> 1 lb dry / 4 – 15 to 16 oz cans 15 to 18 oz container	<b>No Substitutions</b>	

fl oz – fluid ounce; CVB – Cash Value Benefit; qt – quart; gal – gallon; lb – pound; max – maximum; oz – ounce; PB – peanut butter.