

Fully Breastfeeding Multiples Food Package

Who qualifies for this package?

Adults who are fully breastfeeding two or more infants.

The fully breastfeeding multiples food package is issued in Odd Month and Even Month. This balances the \$FVB for juice every other month.

What needs to happen:

- Discuss food package with participant.
- Provide participant with information about:
 - Food category maximums,
 - Tailoring vs Swap options.
- Document discussions as Food Package Nutrition Education.
- Offer shopper education for a new participant or offer assistance with shopping if a returning participant (policy 635).

Food Category Name Changes for all Participant Categories

There are food category name changes for every food package:

- **Peanut Butter** becomes **Peanut, Nut, and Seed Butters.**
- **Soy Beverage** becomes **Soy and Plant Beverages.**

The TWIST abbreviations will be shared in the Food Package #2 materials.

Women Fully Breastfeeding Multiples

| Food Category | Standard | Partial | Changes | Tailoring (done by staff) | Maximum |
|---------------------------|----------------------|---------|--|--|---|
| Fruits & Vegetables (FVB) | Odd Months \$84 | \$84 | Odd month increased from \$78 to \$84 | Odd Months: \$6 FVB for Juice Even Months: \$3 FVB for Juice \$3 = 1 Juice 1 Juice = 64 oz or 11.5-12 oz frozen juice | \$84 FVB Odd Month: 2 Juice Even Month: 1 Juice |
| | Even Months: \$81 | | Even month increased from \$78 to \$81 | | |
| Whole Grains | 72 oz | 36 oz | Increased from 32 oz to 72oz | | |

Women Fully Breastfeeding Multiples

| Food Category | Standard | Partial | Changes | Tailoring (done by staff) | Maximum |
|--|---------------------|--------------------|--------------------------------|---|---|
| Fat Free of 1% Milk | 4.25 gal (17 qt) | 2.25 gal (9 qt) | Reduced from 8 gal to 4.25 gal | <ul style="list-style-type: none"> • Lactose-free milk • Goat milk • Soy and Plant Beverage • Evaporated or dry milk • Tofu: 1 qt Milk = 1 lb tofu • Yogurt: 1 qt Milk = 1 ctr yogurt | 24 qt, if no yogurt or cheese All milk can be replaced by tofu, up to the milk maximum if no other dairy is selected |
| Cheese | 2 lb | 1 lb | 2 lbs for all months | Milk: 1 lb cheese for 3 qts milk | 2 lbs |
| Low or nonfat Yogurt 32 oz = 1 ctr | 1 ctr | 1 ctr | | 1 ctr yogurt for 1 qt milk | 2 ctr |
| Eggs | 3 doz | 2 doz | | 1 dozen eggs can be swapped for 1 ctr Peanut, Nut, or Seed Butter or Beans | 3 doz |

Women Fully Breastfeeding Multiples

| Food Category | Standard | Partial | Changes | Tailoring (done by staff) | Maximum |
|--|----------------------|---------|----------------------------|---------------------------|--|
| Peanut, Nut, and Seed Butters or Beans 1 ctr is one of the below: <ul style="list-style-type: none"> • 18 oz Peanut, Nut and Seed butters • 16 oz dry beans • 4 cans beans (15-16 oz) | Odd Month: 2 ctr | 1 ctr | | | Odd month: 2 ctr Even Month: 1 ctr 5 ctr max for the odd month / 4 ctr max for the even month, if swapping all eggs for Peanut, Nut, or Seed Butters or Beans |
| | Even Month: 1 ctr | | | | |
| Beans 1 ctr is <ul style="list-style-type: none"> • 16 oz dry or • 4, 15-16 oz canned | 2 ctr | 1 ctr | | | 2 ctr |
| Fish | 30 oz | 15 oz | Reduced from 45oz to 30 oz | | |

Women Fully Breastfeeding Multiples

| Food Category | Standard | Partial | Changes | Tailoring (done by staff) | Maximum |
|--------------------|----------|---------|---------|---------------------------|---------|
| Hot or Cold Cereal | 54 oz | 27 oz | | | |