

NH (StarLINC) Base Food Package Quick Guide

Category	Food Pkg ID & Name	Foods
<p>Pregnant Woman Or Partially BF Note: Base breastfeeding food packages will not show unless an infant is associated with the mother and a food package is assigned to the infant.</p>	<p>5 –PG/PBFW Woman PG or Part. BF</p>	<p>4 gallons Milk, fat free/skim or 1% lowfat 1 half-gallon Milk, fat free/skim or 1% lowfat 32 ounces Yogurt, fat free/skim or 1% lowfat 16 ounces Cheese 1 dozen Eggs, any size 36 ounces Cereal, hot or cold, 12 oz. or larger 3 cans Juice, 11.5 or 12 oz. frozen or liquid concentrate 1 pkg Wh. Wheat Bread, Brown Rice, Tortillas, Pasta or Oatmeal [16 oz. only/ 14-16 oz. / 16 oz. / 16 oz./ 16 oz.] 1 jar Peanut Butter, 16-18 oz. 4 cans Beans, 15-16 oz. 11 dollars Fruits & Vegetables, fresh, frozen or canned</p>
<p>Pregnant Woman-multiple infants, PG woman mostly/fully BF an infant, or woman partially BF multiple infants Or Fully Breastfeeding Woman-only 1 infant Note: Base breastfeeding food packages will not show unless an infant is associated with the mother and a food package is assigned to the infant</p>	<p>7-PG/BFW>1 Woman PG>1 or PBF>1</p> <p>7-FBFW or PG&MBF Woman Full BF or Pregnant & Mostly BF</p>	<p>5 gallons Milk, fat free/skim or 1% lowfat 32 ounces Yogurt, fat free/skim or 1% lowfat 32 ounces Cheese 2 dozen Eggs, any size 36 ounces Cereal, hot or cold, 12 oz. or larger 3 cans Juice, 11.5 or 12 oz. frozen or liquid concentrate 1 pkg. Wh. Wheat Bread, Brown Rice, Tortillas, Pasta or Oatmeal [16 oz. only/ 14-16 oz. / 16 oz. / 16 oz. / 16 oz.] 1 jar Peanut Butter, 16-18 oz. 4 cans Beans, 15-16 oz. 6 cans chunk light Tuna or pink Salmon 5 oz in water 11 dollars Fruits & Vegetables, fresh, frozen, or canned</p>
<p>Fully Breastfeeding Woman-multiple infants Note: Base breastfeeding food packages will not show unless an infant is associated with the mother and a food package is assigned to the infant.</p>	<p>7.5-BFW>1 Even Woman Full BF>1 Even</p> <p>7.5-BFW>1 Odd Woman Full BF>1 Odd</p>	<p>EVEN 8 gallons Milk, fat free/skim or 1% lowfat 32 ounces Yogurt, fat free/skim or 1% lowfat 32 ounces Cheese 3 dozen Eggs 54 ounces Cereal, hot or cold, 12 oz. or larger 4 cans Juice, 11.5 or 12 oz. frozen or liquid concentrate 1 pkg. Wh. Wheat Bread, Brown Rice, Tortillas, Pasta or Oatmeal [16 oz. only/ 14-16 oz. / 16 oz. / 16 oz. / 16 oz.] 1 jar Peanut Butter, 16-18 oz. 8 cans Beans, 15-16 oz. 9 cans chunk light Tuna or pink Salmon 5 oz in water 16.50 dollars Fruits & Vegetables, fresh, frozen, or canned</p> <hr/> <p>ODD 8 gallons Milk, fat free/skim or 1% lowfat 32 ounces Yogurt, fat free/skim or 1% lowfat 48 ounces Cheese 3 dozen Eggs, any size 54 ounces Cereal, hot or cold, 12 oz. or larger 5 cans Juice, 11.5 or 12 oz. frozen or liquid concentrate 2 pkg. Wh. Wheat Bread, Brown Rice, Tortillas, Pasta or Oatmeal [16 oz. only/ 14-16 oz. / 16 oz. / 16 oz. / 16 oz.] 1 jar Peanut Butter, 16-18 oz. 8 cans Beans, 15-16 oz. 9 cans chunk light Tuna or pink Salmon 5 oz in water 16.50 dollars Fruits & Vegetables, fresh, frozen, or canned</p>
<p>Postpartum Woman</p>	<p>6-PP Woman PP</p>	<p>3 gallons Milk, fat free/skim or 1% lowfat 32 ounces Yogurt, fat free/skim or 1% lowfat 16 ounces Cheese 1 dozen Eggs, any size 36 ounces Cereal, hot or cold, 12 oz. or larger 2 cans Juice, 11.5 or 12 oz. frozen or liquid concentrate 1 jar Peanut Butter, 16-18 oz. 11 dollars Fruits & Vegetables, fresh, frozen or canned</p>

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Category	Food Pkg ID & Name	Food in Package
Children 12 to 24 months	4a-Child Child 1 year	3 gallons Milk, whole only 32 ounces Yogurt, whole only 16 ounces Cheese 1 dozen Eggs, any size 36 ounces Cereal, hot or cold, 12 oz. or larger 2 bottles Juice, 64 oz. 2 pkgs. Wh. Wheat Bread, Brown Rice, Tortillas, Pasta or Oatmeal [16 oz. only/ 14-16 oz. / 16 oz. / 16 oz. / 16 oz.] 1 jar Peanut Butter, 16-18 oz. 9 dollars Fruits & Vegetables, fresh, frozen or canned
Children > 24 months	4b-Child Child 2-5 years	3 gallons Milk, fat free/skim or 1% lowfat 32 ounces Yogurt, fat free/skim or 1% lowfat 16 ounces Cheese 1 dozen Eggs, any size 36 ounces Cereal, hot or cold, 12 oz. or larger 2 bottles Juice, 64 oz. 2 pkgs. Wh. Wheat Bread, Brown Rice, Tortillas, Pasta or Oatmeal [16 oz. only/ 14-16 oz. / 16 oz. / 16 oz. / 16 oz.] 1 jar Peanut Butter, 16-18 oz. 9 dollars Fruits & Vegetables, fresh, frozen, or canned
Fully Formula Fed Infant 0-3 months	1a-FFF Infant Full Form 0-3 M	9 cans Abbott Similac Advance, 12. 4 oz. powder (4559 582)
Fully Formula Fed Infant 4 & 5 months	1c-FFF Infant Full Form-4-5 M	10 cans Abbott Similac Advance, 12. 4 oz. powder (4559 582)
Fully Formula Fed Infant 6-12 months	2-FFF Infant Full Form-6-11 M	7 cans Abbott Similac Advance, 12. 4 oz. powder (4559 582) 3 boxes Infant Cereal, 8 oz. 32 jars Infant Fruits & Vegetables, 4 oz., Stage 2
Fully Breastfeeding Infant 0-6 months	No food package	No base food package
Fully Breastfed Infant 6-12 months	2-FBF Infant Full BF 6-11 M	3 boxes Infant Cereal, 8 oz. 64 jars Infant Fruits & Vegetables, 4 oz., Stage 2 31 jars Infant Meats, 2.5 oz. Stage 1
Partially Breastfeeding Infant 0-up to 1 mo	1a-PBP— MBF Infant Part. BF < 1 M	1 can Abbott Similac Advance, 12. 4 oz. powder (4559 582)
Partially Breastfeeding Infant 0-up to 1 mo	1a-PBP— LBF Infant Part. BF < 1 M	2 cans Abbott Similac Advance, 12. 4 oz. powder (4559 582)
Partially Breastfeeding Infant 1 to 3 months	1b-PBF-- MBF/LBF Infant Part. BF 1-3 M	1 can Abbott Similac Advance, 12. 4 oz. powder (4559 582)
Partially Breastfeeding Infant 4 & 5 months	1c- PBF-- MBF/LBF Infant Part. BF 4-5 M	1 can Abbott Similac Advance, 12. 4 oz. powder (4559 582)
Partially Breastfeeding Infant 6-12 months	2- PBF-- MBF/LBF Infant Part. BF 6-11 M	1 can Abbott Similac Advance, 12. 4 oz. powder (4559 582) 3 boxes Infant Cereal, 8 oz. 32 jars Infant Fruits & Vegetables, 4 oz., Stage 2