

## NH (StarLINC) Base Food Package Quick Guide

Category	Food Pkg ID & Name	Foods
<p><b>Pregnant Woman Or Partially BF</b>                      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 &amp; Vegetables, fresh, frozen or canned</p>
<p><b>Pregnant Woman-multiple infants, PG woman mostly/fully BF an infant, or woman partially BF multiple infants</b></p> <p><b>Or</b></p> <p><b>Fully Breastfeeding Woman-only 1 infant</b>                      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&gt;1                      Woman PG&gt;1 or PBF&gt;1</p> <p>7-FBFW or PG&amp;MBF                      Woman Full BF or Pregnant &amp; 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 &amp; Vegetables, fresh, frozen, or canned</p>
<p><b>Fully Breastfeeding Woman-multiple infants</b>                      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&gt;1 Even                      Woman Full BF&gt;1 Even</p> <p>7.5-BFW&gt;1 Odd                      Woman Full BF&gt;1 Odd</p>	<p><b>EVEN</b>  <i>8 gallons Milk, fat free/skim or 1% lowfat</i>  <i>32 ounces Yogurt, fat free/skim or 1% lowfat</i>                      32 ounces Cheese                      3 dozen Eggs                      54 ounces Cereal, hot or cold, 12 oz. or larger  <i>4 cans Juice, 11.5 or 12 oz. frozen or liquid concentrate</i>                      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 &amp; Vegetables, fresh, frozen, or canned</p> <hr/> <p><b>ODD</b>  <i>8 gallons Milk, fat free/skim or 1% lowfat</i>  <i>32 ounces Yogurt, fat free/skim or 1% lowfat</i>                      48 ounces Cheese                      3 dozen Eggs, any size                      54 ounces Cereal, hot or cold, 12 oz. or larger  <i>5 cans Juice, 11.5 or 12 oz. frozen or liquid concentrate</i>                      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 &amp; Vegetables, fresh, frozen, or canned</p>
<p><b>Postpartum Woman</b></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 &amp; Vegetables, fresh, frozen or canned</p>

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Category	Food Pkg ID & Name	Food in Package
<b>Children 12 to 24 months</b>	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
<b>Children &gt;24 months</b>	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
<b>Fully Formula Fed Infant 0-3 months</b>	1a-FFF Infant Full Form 0-3 M	9 cans Abbott Similac Advance, 12. 4 oz. powder (4559 582)
<b>Fully Formula Fed Infant 4 &amp; 5 months</b>	1c-FFF Infant Full Form-4-5 M	10 cans Abbott Similac Advance, 12. 4 oz. powder (4559 582)
<b>Fully Formula Fed Infant 6-12 months</b>	2-FFF Infant Full Form-6-11 M	7 cans Abbott Similac Advance, 12. 4 oz. powder (4559 582)  3 boxes Beech Nut Infant Cereal, 8 oz. 32 jars Beech Nut Infant Fruits & Vegetables, 4 oz., Stage 2
<b>Fully Breastfeeding Infant 0-6 months</b>	No food package	No base food package
<b>Fully Breastfed Infant 6-12 months</b>	2-FBF Infant Full BF 6-11 M	3 boxes Beech Nut Infant Cereal, 8 oz. 64 jars Beech Nut Infant Fruits & Vegetables, 4 oz., Stage 2 31 jars Beech Nut Infant Meats, 2.5 oz. Stage 1
<b>Partially Breastfeeding Infant 0-up to 1 mo</b>	1a-PBP— <b>MBF</b> Infant Part. BF <1 M	1 can Abbott Similac Advance, 12. 4 oz. powder (4559 582)
<b>Partially Breastfeeding Infant 0-up to 1 mo</b>	1a-PBP— <b>LBF</b> Infant Part. BF <1 M	2 cans Abbott Similac Advance, 12. 4 oz. powder (4559 582)
<b>Partially Breastfeeding Infant 1 to 3 months</b>	1b-PBF-- <b>MBF/LBF</b> Infant Part. BF 1-3 M	1 can Abbott Similac Advance, 12. 4 oz. powder (4559 582)
<b>Partially Breastfeeding Infant 4 &amp; 5 months</b>	1c- PBF-- <b>MBF/LBF</b> Infant Part. BF 4-5 M	1 can Abbott Similac Advance, 12. 4 oz. powder (4559 582)
<b>Partially Breastfeeding Infant 6-12 months</b>	2- PBF-- <b>MBF/LBF</b> Infant Part. BF 6-11 M	1 can Abbott Similac Advance, 12. 4 oz. powder (4559 582)  3 boxes Beech Nut Infant Cereal, 8 oz. 32 jars Beech Nut Infant Fruits & Vegetables, 4 oz., Stage 2