



2010 Quick Reference:

Maximum Monthly Allowances

Effective October 1, 2010

Child	Pregnant Woman
<ul style="list-style-type: none"> ▪ Milk: 4 gallons* ▪ Juice: 128 fluid ounces ▪ Cereal: 36 ounces ▪ Eggs: 1 dozen ▪ Dry Beans, Peas and Lentils/Peanut Butter: 1 pound dry beans (or four 15-16 ounce cans beans) or 18 ounces peanut butter ▪ Whole-wheat Bread/Whole Grains: 32 ounces ▪ Fruits and Vegetables (cash-value voucher): \$6.00 	<ul style="list-style-type: none"> ▪ Milk: 5 ½ gallons* ▪ Juice: 144 fluid ounces ▪ Cereal: 36 ounces ▪ Eggs: 1 dozen ▪ Dry Beans, Peas and Lentils/ Peanut Butter: 1 pound dry beans (or four 15-16 ounce cans beans) and 18 ounces peanut butter ▪ Whole-wheat Bread/Whole Grains: 16 ounces ▪ Fruits and Vegetables (cash-value voucher): \$10.00
Fully Breastfeeding Dyad (singleton)	
Mom	Baby
<ul style="list-style-type: none"> ▪ Milk: 6 gallons* ▪ Cheese: 1 pound ▪ Juice: 144 fluid ounces ▪ Cereal: 36 ounces ▪ Eggs: 2 dozen ▪ Dry Beans, Peas and Lentils/Peanut Butter: 1 pound dry beans (or four 15-16 ounce cans beans) and 18 ounces peanut butter ▪ Tuna/Salmon: 30 ounces ▪ Whole-wheat Bread/Whole Grains: 16 ounces ▪ Fruits and Vegetables (cash-value voucher): \$10.00 	<ul style="list-style-type: none"> ▪ Priceless Breastmilk ▪ Infant Cereal: 24 ounces ▪ Infant Fruits and Vegetables: 256 ounces ▪ Infant Meats: 77.5 ounces
Partially Breastfeeding Dyad (singleton)	
Mom	Baby
<ul style="list-style-type: none"> ▪ Milk: 5 ½ gallons* ▪ Juice: 144 fluid ounces ▪ Cereal: 36 ounces ▪ Eggs: 1 dozen ▪ Dry Beans, Peas and Lentils/Peanut Butter: 1 pound dry beans (or four 15-16 ounce cans beans) and 18 ounces peanut butter ▪ Whole-wheat Bread/Whole Grains: 16 ounces ▪ Fruits and Vegetables (cash-value voucher): \$10.00 	<ul style="list-style-type: none"> ▪ Formula (contract) <ul style="list-style-type: none"> ◆ Birth-1 month: 1 can powder ◆ 1 month: 5 cans powder or 14 cans concentrate ◆ 2-3 months: 4 cans powder or 14 cans concentrate ◆ 4-5 months: 5 cans powder or 17 cans concentrate ◆ 6-8 months: 4 cans powder or 12 cans concentrate ◆ 9-11 months: 3 cans powder or 12 cans concentrate ▪ Infant Cereal: 24 ounces ▪ Infant Fruits and Vegetables: 128 ounces
Fully Formula Feeding Dyad	
Mom	Baby
<ul style="list-style-type: none"> ▪ Milk: 4 gallons* ▪ Juice: 96 fluid ounces ▪ Cereal: 36 ounces ▪ Eggs: 1 dozen ▪ Dry Beans, Peas and Lentils/Peanut Butter: 1 pound dry beans (or four 15-16 ounce cans beans) or 18 ounces peanut butter ▪ Fruits and Vegetables (cash-value voucher): \$10.00 	<ul style="list-style-type: none"> ▪ Formula (contract) <ul style="list-style-type: none"> ◆ Birth-3 months: 9 cans powder or 31 cans concentrate ◆ 4-5 months: 10 cans powder or 34 cans concentrate ◆ 6-11 months: 7 cans powder or 24 cans concentrate ▪ Infant Cereal: 24 ounces ▪ Infant Fruits and Vegetables: 128 ounces

Fully Breastfeeding Dyad (Multiples)

Mom (average of two months' issuance)	Baby (for each fully breastfed baby)
<ul style="list-style-type: none"> ▪ Milk: 9 gallons* ▪ Cheese: 1 ½ pounds ▪ Juice: 216 fluid ounces ▪ Cereal: 54 ounces ▪ Eggs: 3 dozen ▪ Dry Beans, Peas and Lentils/Peanut Butter: 1 ½ pounds dry beans (or six 15-16 ounce cans beans) and 27 ounces peanut butter ▪ Tuna/Salmon: 45 ounces ▪ Whole-wheat Bread/Whole Grains: 24 ounces ▪ Fruits and Vegetables (cash-value voucher): \$15.00 	<ul style="list-style-type: none"> ▪ Priceless Breastmilk ▪ Infant Cereal: 24 ounces ▪ Infant Fruits and Vegetables: 256 ounces ▪ Infant Meats: 77.5 ounces

Partially Breastfeeding Dyad (multiples) or Pregnant Woman (multiples)

Mom/Pregnant Woman	Baby (for each partially breastfed baby)
<ul style="list-style-type: none"> ▪ Milk: 6 gallons* ▪ Cheese: 1 pound ▪ Juice: 144 fluid ounces ▪ Cereal: 36 ounces ▪ Eggs: 2 dozen ▪ Dry Beans, Peas and Lentils/Peanut Butter: 1 pound dry beans (or four 15-16 ounce cans beans) and 18 ounces peanut butter ▪ Tuna/Salmon: 30 ounces ▪ Whole-wheat Bread/Whole Grains: 16 ounces ▪ Fruits and Vegetables (cash-value voucher): \$10.00 	<ul style="list-style-type: none"> ▪ Formula (contract) <ul style="list-style-type: none"> ♦ Birth-1 month: 1 can powder ♦ 1 month: 5 cans powder or 14 cans concentrate ♦ 2-3 months: 4 cans powder or 14 cans concentrate ♦ 4-5 months: 5 cans powder or 17 cans concentrate ♦ 6-8 months: 4 cans powder or 12 cans concentrate ♦ 9-11 months: 3 cans powder or 12 cans concentrate ▪ Infant Cereal: 24 ounces ▪ Infant Fruits and Vegetables: 128 ounces

*Milk Substitutions (only one milk substitution is allowed)

1. **Child:** 1 pound of cheese may be substituted for 3 quarts of milk for a maximum of **1 pound** of cheese **or** 1 pound of tofu may be substituted for 1 quart of milk (in 2-pound increments) for a maximum of **4 pounds** of tofu **or** full milk allowance may be substituted with tofu **or** soy-based beverage. **A prescription is required for tofu or soy-based beverage.**
2. **Pregnant Woman, Partially Breastfeeding Woman and Fully Formula Feeding Woman:** 1 pound of cheese may be substituted for 3 quarts of milk for a maximum of **1 pound** of cheese **or** 1 pound of tofu may be substituted for 1 quart of milk (in 2-pound increments) for a maximum of **4 pounds** of tofu **or** full milk allowance may be substituted with tofu **or** soy-based beverage. **A prescription is required for tofu above 4 pounds.**
3. **Fully Breastfeeding Woman, Partially Breastfeeding Woman with Multiples and Woman Pregnant with Multiples:** 1 pound of cheese may be substituted for 3 quarts of milk for a maximum of **1 additional pound** of cheese **or** 1 pound of tofu may be substituted for 1 quart of milk (in 2-pound increments) for a maximum of **6 pounds** of tofu **or** full milk allowance may be substituted with tofu **or** soy-based beverage. **A prescription is required for tofu above 6 pounds.**
4. **Fully Breastfeeding Woman with Multiples:** 1 pound of cheese may be substituted for 3 quarts of milk for a maximum of **1 additional pound** of cheese **or** 1 pound of tofu may be substituted for 1 quart of milk (in 2-pound increments) for a maximum of **8 pounds** of tofu **or** full milk allowance may be substituted with tofu **or** soy-based beverage. **A prescription is required for tofu above 8 pounds.**

Notes

1. **Children** with a milk allergy, severe lactose intolerance or a vegan diet may substitute all tofu **or** all soy-based beverage for milk. **A prescription is required.**
2. **Women** with a milk allergy, severe lactose intolerance or a vegan diet may substitute all tofu for milk. **A prescription is required.**
3. **Women** may substitute all fluid milk with soy-based beverage. **No prescription is required.**
4. Depending on their provider's **prescription**, **women** and **children** with qualifying conditions may receive **some or all** of the foods shown in this table **PLUS** up to 910 ounces of reconstituted formula.
5. Depending on their provider's **prescription**, **infants** with qualifying conditions may receive **some or all** of the foods shown in this table **PLUS** exempt formula.
6. Infant cereal, fruits and vegetables, and meats are offered at 6 months.

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