

FOOD SUPPLEMENT SCHEDULE

BIRTHDAY	ACCESS DATE
0 & 9	10 th
1 & 8	11 th
2 & 3	12 th
4 & 7	13 th
5 & 6	14 th

1-11	2-12	3-12	4-13	5-14	6-14	7-13
8-11	9-10	10-10	11-11	12-12	13-12	14-13
15-14	16-14	17-13	18-11	19-10	20-10	21-11
22-12	23-12	24-13	25-14	26-14	27-13	28-11
29-10	30-10	31-11				

Birth date - Access date