

 **Included Grocery Items**

Bottled Waters
 Breakfast Foods (Toaster Pastries, Cereal Bars, Granola and Granola Bars)
 Canned Meat
 Canned Seafood
 Canned/Jar Fruits and Vegetables incl. Salsa and non-processed Beans
 Cereal (Hot and Cold)
 Cocoa, Coffee and Tea (Dry or Liquid)
 Dairy (Milk, Cheese, Butter, Sour Cream and Whipping Cream)
 Diuretics and Weight Loss Cleansing and Detox
 Dried Fruit, Fruit Snacks
 Dry and Liquid/Concentrated Drink Mixes
 Dry Beans
 Dry Pasta
 Enhanced Waters
 Fruits and Vegetables
 General Health Oral Rehydration Therapy
 Herbs, Spices, and Seasoning
 Ice
 Juice Blends, Drinks and Punches (inc. sparkling)
 Juices (includes sparkling)
 Margarine
 Meats—Fresh/frozen Poultry, Ground Beef, Beef
 Meats—Processed (Sausage, Jerky, Lunch Meat)
 Medical Meals
 Nutritional Bars
 Nutritional Liquids

Nutritional Powders
 Nuts and Trail Mix
 Oils and Shortening
 Pancakes and Waffles
 Peanut Butter (and other nut butters)
 Prepared Food (Canned Stews, Heat and Eat)
 Prepared Food (Stews, Pizza, Heat and Eat, Soy burgers)
 Rice and Whole Grains
 Seafood
 Seeds
 Soup
 Soy and Other Nut Milks
 Sparkling Water
 Sport Drinks—Gatorade and Others
 Sport/Energy Bars
 Sport/Energy Liquids
 Sport/Energy Powders
 Sport/Energy Tabs and Caps
 Sugar and Salt Substitutes
 Thickeners and Pre-Thickened Beverages/Foods
 Tomato/Spaghetti/Alfredo/Nutritionally Significant Sauce
 Weight Management Bars
 Weight Management Foods, Liquids and Powders
 Whole Eggs and Egg Substitutes
 Yogurt

Excluded Grocery Items

Appetizers, French Fries, Onion Rings etc.

Bakery (Pies, Cakes, Muffins)

Baking/Cooking Supplies (Baking Powder, Yeast etc.)

Beer

Bottled Energy Drinks

Bread, Rolls, and Tortillas

Cake/Cookie Mixes, Frosting, Chocolate Chips, Marshmallows, Decorations

Condiments, Sauces, Dips, Mayonnaise and Salad Dressing

Cookies

Crackers

Deli—Processed and Fried

Desserts/Sweets

Dry Mixes—Side Dish Mixes, Dinner Mixes

Flours, Cornmeal, Nut and Seed Flours, Bread/Biscuit Mixes

Ice Cream, Frozen Yogurt, Sherbet

Jams, Jellies, Sweet Spreads, Syrup

Lard

Liquor

Puddings and Gelatin

Prepared/Ready-to-eat Soups, Meals, Sandwiches

Salty Snacks

Soda

Sugar—White, Brown and Powdered

Wine and Wine Coolers